

winter lunch menu } december 2018 january 2019 february 2019

monday tuesday wednesday thursday friday

	January 1, 2019 Turkey Sausage Patties Veggie Sausage Patties French Toast Cold Peas Pineapple	January 2, 2019 Chipotle Lime Chicken Chipotle Lime Tofu Brown Rice Cucumber Pear Slices	January 3, 2019 Pizza Muffins w/ Marinara Potato Fruit Salad	January 4, 2019 Chicken Nugget Veggie Nuggets Whole Grain Bread Green Beans Apple Slices Ketchup
January 7, 2019 Adobo Chicken Adobo Tofu Flour Tortilla Peas & Carrots Cantaloupe	January 8, 2019 Three Bean Chili Cornbread Roasted Sweet Potatoes Pear Slices	January 9, 2019 Turkey Meatball Marinara Veggie Meatball Marinara Whole Grain Bun Broccoli Pineapple	January 10, 2019 Orange Chicken Breast Orange Tofu Brown Rice Cucumber Fruit Salad	January 11, 2019 Tortellini w/ Marinara Green Beans Orange Slices
January 14, 2019 Sweet & Sour Chicken Thigh Sweet & Sour Tofu Whole Grain Bread Cold Peas Apple Slices	January 15, 2019 Creamy Mac n Cheese Broccoli Fruit Salad	January 16, 2019 Beef Burger Veggie Burger Whole Grain Bun Mashed Potatoes Pineapple Ketchup	January 17, 2019 Penne Pasta w/ Marinara and Mozzarella Cheese Cucumber Pear Slices	January 18, 2019 Fish Tenders Veggie Nuggets Whole Grain Bread Green Beans Orange Slices Ketchup
January 21, 2019 Turkey Tacos Coca Tacos Flour Tortilla Butternut Squash Pear Slices Salsa	January 22, 2019 Chicken Teriyaki Tofu Teriyaki Brown Rice Broccoli Pineapple	January 23, 2019 Southwest Veggie Burger Whole Grain Bun Glazed Carrots Honeydew	January 24, 2019 BBQ Chicken Breast BBQ Tofu Whole Grain Roll Cold Peas Cantaloupe	January 25, 2019 Ravioli Marinara Green Beans Apple Slices
January 28, 2019 Bean & Cheese Burrito Glazed Carrots Orange Slices	January 29, 2019 Turkey Sausage Patties Veggie Sausage Patties French Toast Cold Peas Pineapple	January 30, 2019 Chipotle Lime Chicken Chipotle Lime Tofu Brown Rice Cucumbers Pear Slices	January 31, 2019 Pizza Muffins w/ Marinara Broccoli Fruit Salad	