January 2017

LUNCH MENU

		LUNCH MENU		
1/2 V	1/3	1/4 GF DF	1/5 V	1/6 V GF
Cheese Pizza Fresh Fruit and Veggies	Quiche Lorraine Fresh Fruit and Veggies	Hoppin John (black eyed peas, rice, greens) Fresh Fruit and	Cheesy Potato Pasties Fresh Fruit and Veggies	Vegetarian Black Bean Chili Corn Bread Fresh Fruit
Milk	Milk	Veggies Milk	Milk	Milk
1/9 V	1/10 V	1/11 GF DF	1/12 GF DF	1/13 V GF
Cheese Pizza Fresh Fruit and Veggies	Whole Wheat Bagels/with Cream Cheese Yogurt & Fruit Smoothies Veggies	Pork Fried Rice Fresh Fruit and Veggies	Thai Chicken Rice Noodle Salad Fresh Fruit	Creamy Tomato Soup Fresh Fruit and Bread
Milk	(Milk available)	Milk	Milk	Milk
1/16	1/1 7 V	1/18 V DF GF	1/19 V	1/20 DF GF
No School Martin Luther King Jr. Day	Cheese Pizza Fresh Fruit and Veggies Milk	Black Bean Enchiladas Fresh Fruit and Veggies Milk	Macaroni and Cheese Fresh Fruit and Veggies Milk	Vietnamese Chicken Soup (Pho) Fresh Fruit, Veggies and Bread Milk
1/23 V	1/24 V	1/25 GF DF V	1/26 V	1/27
Cheese Pizza Fresh Fruit and Veggies	Cheese and Egg Biscuits Fresh Fruit and Veggies	Veggie Fried Rice Fresh Fruit and Veggies	Baked Spaghetti Fresh Fruit and Veggies	Chicken Noodle Soup Fresh Fruit and Bread
Milk	Milk	Milk	Milk	Milk
1/30 V	1/31 V			
Cheese Pizza Fresh Fruit and Veggies	Lemon Poppy Seed Pancakes Fresh Fruit and Veggies			
Milk	Milk			
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Local Farms and Businesses: Brown's Orchards, Nicholas Farm and Vineyard, Moomers, Gallagher's, Mi Grille, Cherry Capital Foods, and That'sa Pizza.

February 2017

LUNCH MENU

	LUNCH MENU				
		2/1	2/2 GF DF	2/3	
		Pork Buns Fresh Fruit and Veggies Milk	Pork Fried Rice Fresh Fruit and Veggies Milk	Chicken Corn Chowder Fresh Fruit and Bread Milk	
2/6 V	2/7	2/8 V	2/9 V	2/10 V	
Cheese Pizza Fresh Fruit and Veggies	Quiche Lorraine Fresh Fruit and Veggies Milk	Cheese Calzones Fresh Fruit and Veggies Milk	Baked Spaghetti Fresh Fruit and Veggies Milk	Broccoli Cheddar Soup Fresh Fruit and Bread Milk	
Milk					
2/13 V	2/14 V	2/15 GF DF	2/16	2/17	
Cheese Pizza Fresh Fruit and Veggies	Whole Wheat Bagel and Cream Cheese Fruit and Yogurt Smoothies Fresh Veggies	Asian Chicken Salad Fresh Fruit and Veggies	Chicken Paprikash Fresh Fruit and Veggies	No School Staff Professional Development Day	
Milk	(Milk available)	Milk	Milk		
2/20	2/21 V	2/22 V GF	2/23 V	2/24 V	
No School President's Day	Cheese Pizza Fresh Fruit and Veggies	Enchilada Casserole Fresh Fruit and Veggies	Macaroni and Cheese Fresh Fruit and Veggies	Creamy Tomato and Tortellini Soup Fresh Fruit and Bread	
	Milk	Milk	Milk	Milk	
2/27 V	2/28 V				
Cheese Pizza Fresh Fruit and Veggies	"Pain Perdu" Baked French Toast Fresh Fruit and Veggies				
Milk	Milk				

Local Farms and businesses: Maple Ridge Farms, Brown's Orchards, Nicholas Farms, Murray's, Moomers, Gallagher's, Mi Grille/Baytown Kitchen, Cherry Capital Foods, and That'sa Pizza.

March 2017

LUNCH MENU

		3/1 V GF DF	3/2 GF DF	3/3 V
		Red Beans and	Chicken Pad Thai	Cheesy Potato Soup
		Rice	Salad	Fresh Fruit and
		Fresh Fruit and	Fresh Fruit and	Veggies
		Veggies	Veggies	
		Milk	Milk	Milk
3/6 V	3/7 V	3/8 V	3/9 GF	3/10 GF V
Cheese Pizza	Whole Wheat Bagel	Grilled Cheese	Chicken Enchilada	Creamy Tomato
Fresh Fruit and	and Cream Cheese	Fresh Fruit and	Casserole	Soup
Veggies	Fruit and Yogurt	Veggies	Fresh Fruit and	Fresh Bread
	Smoothies	00	Veggies	and Fruit
	Fresh Veggies			
	(Milk available)	Milk	Milk	Milk
Milk				
3/13 V	3/14 V	3/15	3/16	3/17
Cheese Pizza	Boxty on the	Shepard's Pie	Corned Beef and	Irish Stew
Fresh Fruit and	Griddle	Fresh Fruit and	Cabbage	Fresh Fruit and
Veggies	(Irish potato cakes)	Veggies	Irish Soda Bread	Bread
	Fresh Fruit and		Fresh Fruit	
	Veggies			
				Milk
Milk	Milk	Milk	Milk	
3/20 V	3/21	3/22 GF DF	3/23 V	3/24 V GF
Cheese Pizza	Cheese, Egg, and	Asian Chicken	Macaroni and	Vegetarian Black
Fresh Fruit and	Sausage Biscuits	Salad	Cheese	Bean Chili
Veggies	Fresh Fruit and	Fresh Fruit and	Fresh Fruit and	Fresh Fruit and Corr
1099.00	Veggies	Veggies	Veggies	Bread
	1099.00	1099.00	1 039:00	2.000
	Milk	Milk	Milk	Milk

Local Farms and businesses: Maple Ridge Farms, Brown's Orchards, Nicholas Farms, Murray's, Moomers, Gallagher's, Mi Grille/Baytown Kitchen, Cherry Capital Foods, and That'sa Pizza.

April 2017

LUNCH MENU

4/3 V	4/4	4/5 V	4/6 V	4/7
4/ 5 V	7/7	4/5	4/ 0 v	7//
Cheese Pizza	Quiche Lorraine	Cheese Calzones	Mac n Cheese	Chicken and Rice
Fresh Fruit and	Fresh Fruit and	Fresh Fruit and	Fresh Fruit and	Soup
Veggies	Veggies	Veggies	Veggies	Fresh Fruit and
3 3 3 3 3	33	333	3 3 3 3 3	Bread
	Milk	Milk	Milk	Milk
Milk				
4/10 V	4/11 V	4/12 GF DF	4/13 V	4/14 GF
.,	.,	.,.20.5.	.,	.,
Cheese Pizza	Egg and Cheese	Pork Fried Rice	Baked Spaghetti	Vegetable Beef
Fresh Fruit and	Biscuits	Fresh Fruit and	Fresh Fruit and	Soup
Veggies	Fresh Fruit and	Veggies	Veggies	Fresh Fruit and
	Veggies			Bread
	Milk	Milk	Milk	Milk
Milk				
4/17 V	4/18 V	4/19 V GF	4/20 V	4/21 GF
Ch D'	Whata What Daniel	Dafria d Dann	Characa Danasa li	Character Carre
Cheese Pizza Fresh Fruit and	Whole Wheat Bagel	Refried Bean	Cheesy Broccoli Pasta Bake	Cheesy Taco Soup
	and Cream Cheese	Tostadas Fresh Fruit and	Fresh Fruit and	Tortilla Chips And Fresh Fruit
Veggies	Fruit and Yogurt Smoothies			And Fresh Fruit
		Veggies	Veggies	
	Fresh Veggies (Milk available)	Milk	Milk	Milk
Milk	(Milk available)	Milk	MIIK	MIIK
WIIK				
4/24 V	4/05 V	4/24 CF DF	A /07 V	4/00
4/24 V	4/25 V	4/26 GF DF	4/27 V	4/28
Cheese Pizza	Lemon Poppy Seed	Chicken Stir Fry	Pesto Pasta	White Chicken Chili
Fresh Fruit and	Pancakes	and Rice	Fresh Fruit and	Fresh Fruit, Veggies
Veggies	Fresh Fruit and	Fresh Fruit	Veggies	and Corn Chips
-	Veggies		· -	
	Milk	Milk	Milk	Milk
Milk				
MIIK				

Local Farms and businesses: Brown's Orchards, Moomers, Gallagher's, Mi Grille, Cherry Capital Foods, and That'sa Pizza.

May 2017

LUNCH MENU

5/1 V	5/2 V	5/3 V GF	5/4	5/5 DF
Cheese Pizza Fresh Fruit and Veggies	Huevos Rancheros Fresh Fruit and Veggies	Tortilla Pie Fresh Fruit and Veggies	Beef Tacos Fresh Fruit and Veggies	Pozole Fresh Fruit and Tortilla Chips
Milk	Milk	Milk	Milk	Milk
5/8 V	5/9 V	5/10 GF DF	5/11 V	5/12
Cheese Pizza Fresh Fruit and Veggies	Whole Wheat Bagel and Cream Cheese Fruit and Yogurt Smoothies Fresh Veggies	Chicken Pad Thai Fresh Fruit and Veggies	Mac and Cheese Fresh Fruit and Veggies	Chicken Noodle Soup Fresh Fruit and Bread
Milk	(Milk available)	Milk	Milk	Milk
5/15 V	5/16 V	5/17 V	5/18 DF	5/19 V GF
Cheese Pizza Fresh Fruit and Veggies	Lemon Poppy Seed Pancakes Fresh Fruit and Veggies	Grilled Cheese Fresh Fruit and Veggies	Lemon Chicken and Moroccan Cous Cous Salad Fresh Fruit and Veggies	Pesto Vegetable Soup Fresh Fruit and Bread
Milk	Milk	Milk	Milk	Milk
5/22 V	5/23 V	5/24 V	5/25 V	5/26
Cheese Pizza Fresh Fruit and Veggies	Cheese and Egg Biscuits Fresh Fruit and Veggies Milk	Cucumber & Cream Cheese Sandwiches Fresh Fruit and Veggies Milk	Caprese Pasta Salad Fresh Fruit and Veggies Milk	Grandparents Day No Lunch
Milk				
5/29	5/30	5/31		
Memorial Day No School	Cheese Pizza Fruit and Veggies	Cherry Chicken Salad Sandwiches Fresh Fruit and		
	Milk	Veggies Milk		

Local Farms and businesses: Brown's Orchards, Moomers, Gallagher's, Mi Grille, Cherry Capital Foods, and That'sa Pizza.

June 2017

LUNCH MENU

			6/1 V	6/2
			Veggie Pasta Salad Fresh Fruit and Veggies	Chicken Noodle Soup Fresh Fruit and Bread
			Milk	Milk
6/5 V	6/6 V	6/7 V	6/8	6/9
Cheese Pizza Fresh Fruit and Veggies	Asparagus and Ramp Quiche Fresh Fruit and Veggies	Pesto Pasta Fresh Fruit and Veggies	Hot Dogs (Vegetarian available) Fresh Fruit and Veggies	Dance of the Cosmos Potluck!!
Milk	Milk	Milk	Milk	

Local Farms and businesses: Moomers, Gallagher's, Mi Grille/Baytown Kitchen, Cherry Capital Foods, and That'sa Pizza.

Vegetarian: V

Entrée Dairy Free: DF Entrée Gluten Free: GF