

January 2014

LUNCH MENU

1/6* Cheese pizza Fruit and Veggies Milk	1 1/7* Quiche Lorraine Fresh fruit and veggies Milk	1/8 GF Hoppin John (black eyed peas, rice, greens) Fresh Fruit and Veggies Milk	1/9 Herbed Chicken Drumsticks Buttered noodles with Parmesan Fresh Fruit and Veggies Milk	1/10* Vegetarian Black Bean Chili Corn Bread Fresh Fruit Milk
1/13* Cheese pizza Fruit and Veggies Milk	1/14* Blueberry Pancakes Fresh fruit, veggies and Milk	1/15 Beef Goulash with Egg Noodles Fresh Fruit and Veggies Milk	1/16* Baked Spaghetti Fresh Fruit and Veggies Milk	1/17 Chicken Noodle Soup Fresh fruit and bread Milk
1/20* No School Martin Luther King Jr. Day	1/21* Carmel Apple Baked French Toast Fresh fruit and Veggies Milk	1/22 Beef Soft Shelled Tacos Fresh Fruit and Veggies Milk	1/23* Macaroni and Cheese Fresh Fruit and Veggies Milk	1/24 White Chicken Chili Corn Chips Fresh fruit and veggies Milk
1/27* Cheese pizza Fruit and Veggies Milk	1/28 Cheese, sausage and egg biscuits Fresh Fruit and Veggies Milk	1/29* Cheese Calzones Fresh Fruit and Veggies Milk	1/30* Asian Noodle Salad Fresh Fruit and Veggies Milk	1/31* Egg Drop Soup Fresh fruit and Veggies Milk

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

- Vegetarian
- GF : Gluten Free
- DF : Dairy Free