

# January 2015

## LUNCH MENU

<b>1 / 4 V</b>  <b>Cheese Pizza</b> <b>Fresh Fruit and Veggies</b>  <b>Milk</b>	<b>1/5</b>  <b>Quiche Lorraine</b> <b>Fresh Fruit and Veggies</b>  <b>Milk</b>	<b>1/6 GF DF</b>  <b>Hoppin John</b> <b>(Black-Eyed Peas, Rice, Greens)</b> <b>Fresh Fruit and Veggies</b>  <b>Milk</b>	<b>1/7 V GF</b>  <b>Cheesy Potato Pasties</b> <b>w/GF dough</b> <b>Fresh Fruit and Veggies</b>  <b>Milk</b>	<b>1/8 V GF</b>  <b>Vegetarian Black Bean Chili</b> <b>Corn Bread</b> <b>Fresh Fruit</b>  <b>Milk</b>
<b>1/11 V</b> <b>Cheese Pizza</b> <b>Fresh Fruit and Veggies</b>  <b>Milk</b>	<b>1/12 V</b> <b>Whole Wheat Bagels</b> <b>Yogurt/ Fruit Smoothies</b> <b>Fresh Veggies</b>  <b>Milk available</b>	<b>1/13 GF DF</b> <b>Pork Fried Rice</b> <b>Fresh Fruit and Veggies</b>  <b>Milk</b>	<b>1/14 GF DF</b> <b>Thai Chicken Rice</b> <b>Noodle Salad</b> <b>Fresh Fruit</b>  <b>Milk</b>	<b>1/15 V GF</b> <b>Creamy Tomato Soup</b> <b>Fresh Fruit and Bread</b>  <b>Milk</b>
<b>1/18</b>  <b>No School</b> <b>Martin Luther King Jr. Day</b>	<b>1/19 V</b>  <b>Cheese Pizza</b> <b>Fresh Fruit and Veggies</b>  <b>Milk</b>	<b>1/20 V DF GF</b>  <b>Black Bean Enchiladas</b> <b>Fresh Fruit and Veggies</b>  <b>Milk</b>	<b>1/21 V</b>  <b>Macaroni and Cheese</b> <b>Fresh Fruit and Veggies</b>  <b>Milk</b>	<b>1/22 DF GF</b>  <b>Vietnamese Chicken Soup</b> <b>(Pho)</b> <b>Fresh Fruit, Veggies and Bread</b>  <b>Milk</b>
<b>1/25 V</b>  <b>Cheese Pizza</b> <b>Fresh Fruit and Veggies</b>  <b>Milk</b>	<b>1/26</b>  <b>Cheese, Sausage and Egg Biscuits</b> <b>Fresh Fruit and Veggies</b>  <b>Milk</b>	<b>1/27 GF DF</b>  <b>Meatloaf</b> <b>Fresh Fruit and Veggies</b>  <b>Milk</b>	<b>1/28 V</b>  <b>Baked Spaghetti</b> <b>Fresh Fruit and Veggies</b>  <b>Milk</b>	<b>1/29</b>  <b>Chicken Noodle Soup</b> <b>Fresh Fruit and Bread</b>  <b>Milk</b>

Local Farms and businesses: Brown's Orchards, Nicholas Farm and Vineyard, Murray's, Moomer's, Gallagher's, Mi Grille, Cherry Capital Foods, and That'sa Pizza.

**V = Vegetarian Entree**  
**GF = Gluten Free Entree**  
**DF = Dairy Free Entree**