January 2021

		COTACT MICHAO		
01/04 v ef	01/05 v	01/06 gf df ef	01/07 v ef	01/08 v
Cheese Pizza	Broccoli Cheddar	Chicken Stir-Fry	Macaroni & Cheese	Tomato Soup with
	Quiche	with Rice		Cheese Tortellini
Fruit & Vegetable	Quicilo	Willi Kiec	Fruit &	Checose Forteninii
	Fruit &	Fruit	Vegetable	Fruit and Bread
Milk	Vegetable	11011		Tron and broad
(GF Available)	vegelable	Milk	Milk	44.11
(01) ((and 5:0)	Milk	WIIK	Wilk	Milk
01 /11 of	01/12 v ef	01/12f	01/14 df af	01/15 df of
01/11 ef	UI/IZ Vef	01/13 vef	01/14 v df ef	01/15 df ef
Pepperoni Pizza	Bagel and	Bean and Cheese	Vegetable Lo Mein	Chicken Noodle Soup
	Cream Cheese	Quesadilla		•
Fruit & Vegetable		Quodama	Fruit	Fruit & Bread
	Fruit & Yogurt	Fruit & Vegetable		
Milk	Smoothie		Milk	Milk
(GF Available)	Vegetable	Milk	Wilk	
		.,		
	(Milk Available)			
0.5 /5.0	0.5 /5.0	0.5 /0.0 0.16	0.5 /0.5	2.7/2.2
01/18	01/19 v ef	01/20 gf df	01/21 ef	01/22 v df ef
	Cheese Pizza	Pork Fried Rice	Lasagna with Meat	Minestrone
No School	5.110000 1 1.220.		Sauce	
140 001001	Fruit & Vegetable	Fruit		Fruit and Bread
			Fruit and	
	Milk	Milk	Vegetable	Milk
			J	
	(GF Available		Milk	
01/25 ef	01/26 v	01/27 gf	01/28	01/29 v gf df ef
Pepperoni Pizza	Apple Baked	Chicken Tikka	Beef Goulash	Black Bean Chili
repperoni rizza	1			DIUCK DEUII CIIIII
Face and	French Toast with	Masala	With Egg Noodles	
Fruit and	Maple Syrup	with Rice & Naan		Fruit and
Vegetable			Fruit and Vegetable	Cornbread
A A • II	Fruit and Vegetable	Fruit and		
Milk		Vegetable	Milk	Milk
(GF Available)	Milk			
		Milk		

Local Farms & businesses: Brown's Orchards, Moomer's, Gallagher's, Big Apple Bagels, Cherry Capital Foods, and That'sa Pizza.

Entrée Gluten Free: gf Entrée Dairy Free: df Entrée Egg Free: ef Vegetarian: v