

January				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	6	7	8	9
No School	TACO TUESDAY!	GF	V EF GF DF	V EF GF
Staff Professional Day	EF GF	Chicken Parmesan	Veggie Fried Rice	Potato Leek soup
	Ground beef and crunchy shells	Fruit and Vegetable	Fruit and milk	Slipper Bread
	fixings (sour cream, cheese, salsa)	Milk		Fruit and Vegetable
	Fruit and Vegetable			Milk
	Milk			
12	13	14	15	16
EF DF GF	EF	V GF EF	V EF	V EF
Thai chicken curry with veggies	TACO TUESDAY!	Oatmeal with berries	Cheese Pizza	Vegetable Minestrone
Rice	Pollo Asado (chicken in a zesty marinade	Granola and yogurt	Fruit and Vegetable	Slipper Bread
Fruit and Milk	fixings (sour cream, cheese, salsa)	fruit and vegetable	Milk	Fruit and Milk
	Flour Tortillas	milk		
	Fruit and vegetable		Gluten Free Available	
	Milk			
19	20	21	22	23
	TACO TUESDAY!	V EF	V EF	V EF GF
No School	Bean n cheese quesadillas	Pesto pasta	Cheese Pizza	Beef n Bean Chili
Martin Luther King Jr Day	fixings, sour cream, salsa, cheese	Fruit and Vegetable	Fruit and Vegetable	Cornbread
	Fruit, vegetable, milk	Milk	Milk	Fruit and Vegetable
				Milk
			Gluten Free Available	
26	27	28	29	30
	V EF	V EF	V EF	EF DF
EF	TACO TUESDAY!	Macaroni and Cheese	Cheese Pizza	Chicken Noodle Soup
Penne pasta with pork ragu	black bean, cheese and rice burritos	Fruit and vegetable	Fruit and Vegetable	Slipper Bread
fruit and vegetable	Fixings (salsa, sour cream)	Milk	Milk	fruit and milk
milk	fruit and vegetable			
	milk		Gluten Free Available	

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