



January 2012

| MONDAY 2nd | TUESDAY 3rd | WEDNESDAY 4th | THURSDAY 5th | FRIDAY 6th |
|--|--|--|---|---|
| No School | (DF) Turkey Hot Dogs Or Broccoli Cheddar Soup Steamed Corn | Three Cheese Pita Pizza Or Ham and Cheese Sub Chicken and Potato Leek Soup | (DF) Chicken Taco Or Fish Taco Southwestern Caesar Salad | Grilled Cheese On Wheat Or Tuna Melt Tomato Mozzarella Soup |
| MONDAY 9th | TUESDAY 10th | WEDNESDAY 11th | THURSDAY 12th | FRIDAY 13th |
| Chicken Ala King Or Turkey and Cheese Sandwich Steamed Green Beans | (DF) Pasta Marinara Or Ham and Cheese Sandwich Baked Acorn Squash | French Bread Pizza Or Chicken Salad Sandwich Roasted Carrots | (DF) Herb Roasted Chicken Or Cobb Wrap Steamed Corn | Meat Lasagna Or Cheese Lasagna Steamed Broccoli |
| MONDAY 16th | TUESDAY 17th | WEDNESDAY 18th | THURSDAY 19th | FRIDAY 20th |
| (DF) Sirloin Burger Or Chicken Caesar Wrap Redskin Potatoes (High School exam week) | (DF) Chicken Cacciatore Or Ham and Cheese Sub Steamed Corn | BBQ Chicken Pita Pizza Or Chicken Noodle Soup Spaghetti Squash | Chicken Quesadilla Or Beef Chili Red Beans and Rice | ½ Day Preschool – 8 th No school for High school |
| MONDAY 23rd | TUESDAY 24th | WEDNESDAY 25th | THURSDAY 26th | FRIDAY 27th |
| (DF) Beef /Vegetable Gyros or Greek Salad Chicken Artichoke Rice Soup | Pasta Bolognese Or Old Fashioned Cabbage Soup Steamed Broccoli | French Bread Pizza Or Turkey Sandwich Roasted Cauliflower | Italian Sub Or Turkey Vegetable Soup Roasted Zucchini | Waffles with Strawberries Or Scrambled Eggs with side of Sausage Fresh fruit/Salad Bar |



January 2012

| MONDAY 30 TH | TUESDAY 31 ST | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|-----------|----------|--------|
| (DF) Plevalean Burger Or Wild Rice Veggie Wrap Minestrone Soup | Macaroni and Cheese Or Turkey Corn Chowder Steamed Broccoli | | | |
| Milk, Fruit, Veggies, Grain or Bread | Milk, Fruit, Veggies, Grain or Bread | | | |

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GET TO KNOW THE MENU

- MARINARA- A tomato sauce or spaghetti sauce.
- CACCIATORI- A tomato sauce with chicken meat added.
- BOLOGNESE- A tomato sauce with ground beef added.
- ROTINI NOODLE- A spiral shaped noodle.
- PLEVALEAN- Local ground sirloin burgers enhanced with cherries.
- SPAGHETTI SQUASH- A yellow hard-shelled squash that can be steamed or baked. After cooking the interior of the squash it can be flaked out with a fork. Resembles spaghetti with its long threads.
- QUESADILLA- A Mexican-style sandwich with grilled tortillas and cheese filling.
- MINISTRONE- Italian soup made with seasonal vegetables, pasta, and beans.

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