



2019 January Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Winter Break	2 Baked Cheesy Ziti Split Peas Soup Sliced Cucumbers Fruit, Milk	3 Hamburgers Romaine Salad French Fries Banana, Juice	4 Tuna Casserole Baked Sweet Potato Fruit, Milk
7 <i>Rosh Chodesh</i> Cheese – Lasagna Salad Bar Sliced Tomatoes Apple, Milk	8 Stir Fry Chicken & Veg Sesame Noodles Baby Carrots Diced Pears, Juice	9 Veg Chili Corn Bread Sliced Cucumbers Orange, Milk	10 Sloppy Joes Buns Tri Color Coleslaw Fruit, Juice	11 Hard Boiled eggs Macaroni- Salad Butternut Veg Soup Fruit, Milk
14 WG Mac N' Cheese Garden Romaine Salad Baby Carrots Apple, Milk	15 Chicken Schnitzel Brown Rice Peas & Carrots Diced Peaches, Juice	16 Egg Salad/ Tuna Salad Rolls Sliced Tomatoes Cucumbers, Pickles Orange, Milk	17 Meatloaf Couscous Glazed Carrots Banana, Juice	18 Falafel Pita & Hummus Israeli Chopped Salad Apple, Milk
21 Spinach Squares Rolls Butternut & Sweet- Potato Soup Pineapple, Milk	22 BBQ Chicken Brown Rice Corn Fruit, Juice	23 Oven Fried Fish Israeli Couscous Garden Salad Peas Apple Sauce, Milk	24 Beef & Bean- Chili Tortilla Chips Baked Potato Banana, Juice	25 No School
28 No School	29 Chicken Salad on Buns Sliced Tomatoes, Cucumbers, Pickles Fruit, Juice	30 Cheese & Bean Burrito Salad Bar Tortilla Chips Fruit, Milk	31 Spaghetti & Meat Sauce Green Beans Banana, Juice Fruit, Juice	