

JANUARY 2012 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16 Oven baked chicken breast sandwich on a whole wheat bun with lettuce & tomato Fresh strawberries	17 Whole wheat taco wrap with 90% lean ground beef, lettuce, tomato & 2% milk cheese Mild salsa Fresh mandarin orange slices	18 Smiley face fresh vegetable pizza on whole wheat crust Fresh kiwi slices	19 Whole wheat grilled cheese sandwich Celery sticks Fresh fruit medley	20 Hand breaded oven baked chicken strips Multigrain pasta sprinkled with parmesan cheese Steamed fresh green beans Fresh orange slices
23 Lean beef and fresh vegetable stir fry over brown rice Fresh Asian pear slices	24 Oven roasted chicken Quesada on whole wheat tortilla Mixed fresh green salad Fresh strawberries	25 Peanut butter and honey sandwich on whole wheat bread Carrot sticks Sliced fresh grapes	26 Whole wheat oven roasted turkey wraps with Craisins®, lettuce & tomato Fresh orange slices	27 Multigrain pasta with marinara and 2% milk cheese bake Whole wheat roll Fresh mango slices
30 Baked pork chop Couscous with sautéed fresh vegetables Fresh apple slices	31 Black bean and 2% milk cheese quesadilla (whole wheat tortilla) Mexican corn and pepper sauté (fresh frozen vegetables) Sliced grapes	1 Vegetable beef barley soup Whole wheat breadstick Fresh pear	2 Grilled chicken and broccoli whole wheat pizza Nutty bananas	3 Turkey bacon, lettuce & tomato sandwich on whole wheat bread Baked sweet potato fries

All lunches served with milk.