

ALC CATERED LUNCH MENU: January 2019

31- MONDAY	1- TUESDAY	2- WEDNESDAY	3- THURSDAY	4- FRIDAY	
LUNCH: Milk EGG SALAD SANDWICH 1/2 EGG w/ MAYONNAISE 2 sl. WHOLE WHEAT BREAD 1/8 c CARROTS 1/8 c FRESH FRUIT MEDLEY	CLOSED FOR THE NEW YEAR!	LUNCH: Milk GARDEN VEGGIES w/ CHICKEN 1 oz CHICKEN 1/4 c WHOLE GRAIN ROTINI 1/8 c ONIONS & PEPPERS 1/8 c PINEAPPLES	LUNCH: Milk MEATBALL GRINDER w/ 2 MEATBALLS & TOMATO SAUCE WHOLE WHEAT HOT DOG ROLL 1/8 c BROCCOLI 1/8 c FRUIT MIX	LUNCH: Milk CHEESE PIZZA (1) w/ 1 oz CHEESE 1/8 c PEAS 1/8 c CANTALOUPE	
7- MONDAY LUNCH: Milk 2 Whole grain chicken nuggets 1/4 c BROWN RICE 1/8 c CAULIFLOWER & BROCCOLI – LIGHTLY STEAMED 1/8 c PEARS; KETCHUP		8- TUESDAY LUNCH: Milk 3/4 c TURKEY & BEAN CHILI 3/4 oz TURKEY, 1/8 c BEANS, & 1/8 c PEPPERS & ONIONS 1 slice WHOLE WHEAT BREAD 1/8 c WATERMELON	9- WEDNESDAY LUNCH: Milk 2 FISH STICKS 1 slice WHOLE WHEAT BREAD 1/8 c CARROTS 1/8 c HONEYDEW MELON TARTAR SAUCE & KETCHUP	10- THURSDAY LUNCH: Milk BREAKFAST FOR LUNCH TURKEY SAUSAGE PATTY WHOLE GRAIN PANCAKE–SYRUP 1/8 c ROASTED POTATOES 1/8 c PEACHES	11- FRIDAY LUNCH: Milk 1/2 c CHEESE LASAGNA w/ 1/4 c WHOLE GRAIN EGG TOMATO SAUCE & 1 oz CHEESE 1/8c ZUCCHINI (lightly steamed) 1/8 c MANDARIN ORANGES
14- MONDAY LUNCH: Milk SLOPPY JOES w/ 1 oz TURKEY; TOMATO SAUCE WHOLE WHEAT ROLL 1/8 c GREEN BEANS 1/8 c FRESH FRUIT MEDLEY		15- TUESDAY LUNCH: Milk 1/2 c PASTA FASULE w/ 1/4 c BEANS, 1/4 c WHOLE GRAIN ROTINI & TOMATO SAUCE 1/8 c BROCCOLI 1/8 c MANDARIN ORANGES	16- WEDNESDAY LUNCH: Milk CHICKEN PATTY WHOLE WHEAT ROLL 1/8 c SWEET POTATO 1/8 c PEARS KETCHUP	17- THURSDAY LUNCH: Milk 1 oz TURKEY & CHEESE 2 sl. WHOLE WHEAT BREAD 1/8 c CARROTS 1/8 c FRUIT MIX MUSTARD & MAYONNAISE	18- FRIDAY LUNCH: Milk 1/2 c MACARONI & CHEESE w/ 1/4 c WHOLE GRAIN ROTINI & 1 oz CHEESE 1/8 c SPINACH 1/8 c CANTALOUPE
21- MONDAY		22- MONDAY LUNCH: Milk 3/4 c CHICKEN VEG STIR FRY 1 oz CHICKEN, 1/4 c BROWN RICE, 1/8 c PEAS & CARROTS 1 slice WHOLE WHEAT BREAD 1/8 c HONEYDEW MELON	23- MONDAY LUNCH: Milk TACO w/ 1 oz CHICKEN & SHREDDED CHEESE; 1/8 c DICED TOMATOES WHOLE WHEAT WRAP 1/8 c FRUIT MIX	24- THURSDAY LUNCH: Milk CHEESE PIZZA (1) w/ 1 oz CHEESE 1/8 c BROCCOLI 1/8 c PEARS	25- FRIDAY LUNCH: Milk TUNA SALAD SANDWICH 1 oz TUNA w/ MAYONNAISE 2 sl. WHOLE WHEAT BREAD 1/8 c GREEN BEANS 1/8 c WATERMELON
CLOSED FOR Martin Luther King Day!		28- MONDAY LUNCH: Milk BREAKFAST FOR LUNCH TURKEY SAUSAGE PATTY 2 WHOLE GRAIN FT STICKS-SYRUP 2 TATER TOTS w/ KETCHUP 1/8 c PEACHES	30- WEDNESDAY LUNCH: Milk 1/2 c SPANISH RICE & BEANS w/ 1/4c BEANS & 1/4c BROWN 1 slice WHOLE WHEAT BREAD 1/8c ZUCCHINI (lightly steamed) 1/8 c MANDARIN ORANGES	31- THURSDAY LUNCH: Milk TURKEY MEATLOAF w/ GRAVY w/ 1 oz TURKEY 1 slice WHOLE WHEAT BREAD 1/8 c ROASTED POTATOES 1/8 c CANTALOUPE; KETCHUP	1- FRIDAY LUNCH: Milk 2 CHEESE RAVIOLI w/ 1 oz CHEESE; TOMATO SAUCE 1/8 c PEAS 1/8 c FRESH FRUIT MEDLEY

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