

## ALC CATERED LUNCH MENU: January 2020

<b>30- MONDAY</b>	<b>31- TUESDAY</b>	<b>1- WEDNESDAY</b>	<b>2- THURSDAY</b>	<b>3- FRIDAY</b>
<p><b>LUNCH: Milk</b></p> <p>1/2 c MACARONI &amp; CHEESE w/ 1/4 c WHOLE GRAIN ROTINI &amp; 1 oz CHEESE 1/8 c BROCCOLI 1/8 c WATERMELON</p>	<p><b>LUNCH: Milk</b></p> <p>CHICKEN SALAD SANDWICH 1 oz CHICKEN w/ MAYONNAISE 2 sl. WHOLE WHEAT BREAD 1/8 c CARROTS 1/8 c APPLESAUCE</p>	<p style="font-size: 2em; font-weight: bold;">HAPPY NEW YEAR!!!</p>	<p><b>LUNCH: Milk</b></p> <p>1/2 c AMERICAN CHOP SUEY 1 oz BEEF, 1/4 c WHOLE GRAIN ROTINI &amp; TOMATO SAUCE 1/8 c GREEN BEANS 1/8 c PEACHES</p>	<p><b>LUNCH: Milk</b></p> <p>FISH PATTY WHOLE WHEAT ROLL 1/8c ZUCCHINI (lightly steamed) 1/8 c HONEYDEW MELON TARTAR SAUCE &amp; KETCHUP</p>
<b>6- MONDAY</b>	<b>7- TUESDAY</b>	<b>8- WEDNESDAY</b>	<b>9- THURSDAY</b>	<b>10- FRIDAY</b>
<p><b>LUNCH: Milk</b></p> <p>CHICKEN POT PIE w/ WHOLE WHEAT DINNER ROLL 1 oz CHICKEN; 1/8 c PEAS, CARROTS &amp; POTATO (in pie) 1/8 c FRESH FRUIT MEDLEY</p>	<p><b>LUNCH: Milk</b></p> <p>EGG SALAD SANDWICH 1/2 EGG w/ MAYONNAISE 2 sl. WHOLE WHEAT BREAD 1/8 c PEAS 1/8 c MANDARIN ORANGES</p>	<p><b>LUNCH: Milk</b></p> <p>1 oz TURKEY w/ GRAVY 1 slice WHOLE WHEAT BREAD 1/8 c BUTTERNUT SQUASH 1/8 c PINEAPPLES</p>	<p><b>LUNCH: Milk</b></p> <p>MEATBALL GRINDER w/ 2 MEATBALLS &amp; TOMATO SAUCE WHOLE WHEAT HOT DOG ROLL 1/8 c CARROTS 1/8 c FRUIT MIX</p>	<p><b>LUNCH: Milk</b></p> <p>CHEESE PIZZA (1) w/ 1 oz CHEESE 1/8 c BROCCOLI 1/8 c CANTALOUPE</p>
<b>13- MONDAY</b>	<b>14- TUESDAY</b>	<b>15- WEDNESDAY</b>	<b>16- THURSDAY</b>	<b>17- FRIDAY</b>
<p><b>LUNCH: Milk</b></p> <p>2 Whole grain chicken nuggets 1/4 c BROWN RICE 1/8 c CAULIFLOWER &amp; BROCCOLI – LIGHTLY STEAMED 1/8 c PEARS</p>	<p><b>LUNCH: Milk</b></p> <p>3/4 c TURKEY &amp; BEAN CHILI 3/4 oz TURKEY, 1/8 c BEANS, &amp; 1/8 c PEPPERS &amp; ONIONS 1 slice WHOLE WHEAT BREAD 1/8 c WATERMELON</p>	<p><b>LUNCH: Milk</b></p> <p>2 FISH STICKS 1 slice WHOLE WHEAT BREAD 1/8 c CARROTS 1/8 c HONEYDEW MELON TARTAR SAUCE &amp; KETCHUP</p>	<p><b>LUNCH: Milk</b></p> <p>BREAKFAST FOR LUNCH TURKEY SAUSAGE PATTY WHOLE GRAIN PANCAKE–SYRUP 1/8 c ROASTED POTATOES 1/8 c PEACHES</p>	<p><b>LUNCH: Milk</b></p> <p>1/2 c CHEESE LASAGNA w/ 1/4 c WHOLE GRAIN EGG NOODLES, TOMATO SAUCE &amp; 1 oz CHEESE 1/8c ZUCCHINI (lightly steamed) 1/8 c MANDARIN ORANGES</p>
<b>20- MONDAY</b>	<b>21- TUESDAY</b>	<b>22- WEDNESDAY</b>	<b>23- THURSDAY</b>	<b>24- FRIDAY</b>
<p style="font-size: 2em; font-weight: bold;">CLOSED for MLK Day!</p>	<p><b>LUNCH: Milk</b></p> <p>1/2 c MACARONI &amp; CHEESE w/ 1/4 c WHOLE GRAIN ROTINI &amp; 1 oz CHEESE 1/8 c SPINACH 1/8 c CANTALOUPE</p>	<p><b>LUNCH: Milk</b></p> <p>CHICKEN PATTY WHOLE WHEAT ROLL 1/8 c SWEET POTATO 1/8 c PEARS KETCHUP</p>	<p><b>LUNCH: Milk</b></p> <p>1 oz TURKEY &amp; CHEESE 2 sl. WHOLE WHEAT BREAD 1/8 c CARROTS 1/8 c FRUIT MIX MUSTARD &amp; MAYONNAISE</p>	<p><b>LUNCH: Milk</b></p> <p>1/2 c PASTA FASULE w/ 1/4 c BEANS, 1/4 c WHOLE GRAIN ROTINI &amp; TOMATO SAUCE 1/8 c BROCCOLI 1/8 c FRESH FRUIT MEDLEY</p>
<b>27- MONDAY</b>	<b>28- TUESDAY</b>	<b>29- WEDNESDAY</b>	<b>30- THURSDAY</b>	<b>31- FRIDAY</b>
<p><b>LUNCH: Milk</b></p> <p>2 SWEDISH MEATBALLS 1/4 c WHOLE GRAIN EGG NOODLES 1/8 c CHOPPED BEETS, CUCUMBERS, BELL PEPPERS 1/8 c PEARS</p>	<p><b>LUNCH: Milk</b></p> <p>3/4 c CHICKEN VEG STIR FRY 1 oz CHICKEN, 1/4 c BROWN RICE, 1/8 c PEAS &amp; CARROTS 1 slice WHOLE WHEAT BREAD 1/8 c HONEYDEW MELON</p>	<p><b>LUNCH: Milk</b></p> <p>TACO w/ 1 oz CHICKEN &amp; SHREDDED CHEESE &amp; 1/8 c DICED TOMATOES WHOLE WHEAT WRAP 1/8 c FRUIT MIX</p>	<p><b>LUNCH: Milk</b></p> <p>CHEESE PIZZA (1) w/ 1 oz CHEESE 1/8 c BROCCOLI 1/8 c PEARS</p>	<p><b>LUNCH: Milk</b></p> <p>TUNA SALAD SANDWICH 1 oz TUNA w/ MAYONNAISE 2 sl. WHOLE WHEAT BREAD 1/8 c GREEN BEANS 1/8 c WATERMELON</p>