

## January Menu

		1/1	1/2	1/3	1/4	1/5
		<b>Pasta Marinara with Beans</b>	<b>Roasted Moroccan Chicken Breast with CousCous</b>	<b>Braised Beef Stroganoff with Mashed Potatoes</b>	<b>Greek Chicken with Mushroom and Artichoke Rice</b>	<b>Thai Peanut Noodles</b>
		roasted vegetables, apple, yogurt	roasted vegetables, peach + pear fruit cup, roll, yogurt	roasted vegetables, banana, dinner roll, milk	roasted vegetables, crunchy chickpeas, pear fruit cup, milk	roasted tofu, roasted vegetables, banana, milk
<b>1/6</b>	<b>1/7</b>	<b>1/8</b>	<b>1/9</b>	<b>1/10</b>	<b>1/11</b>	<b>1/12</b>
<b>Lemon Basil Chicken Salad with Pita Bread</b>	<b>Greek Chicken Sandwich</b>	<b>Pasta Balsamico</b>	<b>Marinara Cheese Ravioli with Beans</b>	<b>Chicken Tacos</b>	<b>Roasted Chicken Parmesan</b>	<b>Vegetarian Chili</b>
jicama, orange, milk	mixed vegetables, banana, milk	mixed vegetables, apple, yogurt	roasted vegetables, pear fruit cup, dinner roll, milk	roasted vegetables, pinto beans, brown rice pilaf, orange, yogurt	roasted vegetables, peach + pear fruit cup, yogurt	peach, dinner roll, yogurt
<b>1/13</b>	<b>1/14</b>	<b>1/15</b>	<b>1/16</b>	<b>1/17</b>	<b>1/18</b>	<b>1/19</b>
<b>Honey Ranch Chicken Salad with Pita Bread</b>	<b>Pasta Genovese with Beans</b>	<b>Beef Mushroom Swiss Burger</b>	<b>Cheese Tortellini with Beans</b>	<b>Steak Tacos</b>	<b>Indian Chicken</b>	<b>Chicken Margherita with Mashed Potatoes</b>
banana, apple, milk	mixed vegetables, apple, milk	mixed vegetables, peach + pear fruit cup, cheese stick	mixed vegetables, banana, apple, dinner roll, yogurt	roasted vegetables, orange, pinto beans, brown rice pilaf, cheese stick	roasted vegetables, banana, milk	roasted vegetables, pear fruit cup, dinner, milk
<b>1/20</b>	<b>1/21</b>	<b>1/22</b>	<b>1/23</b>	<b>1/24</b>	<b>1/25</b>	<b>1/26</b>
<b>Chicken Salad with Pita Bread</b>	<b>Vegetarian Pasta with Beans</b>	<b>BBQ Chicken Sandwich</b>	<b>Hummus with Hard Boiled Eggs and Pita Bread</b>	<b>Vegetarian Egg Frittata with Oven-Roasted Potatoes</b>	<b>Black Bean Tempeh with Pinto Beans</b>	<b>Vegetarian Chili</b>
baby spring mix, orange, milk	mixed vegetables, banana, cheese stick	green beans, apple, yogurt	baby carrots, orange, milk	roasted vegetables, oven-roasted potatoes, peach + pear fruit cup, dinner roll, milk	roasted vegetables, pear fruit cup, brown rice pilaf, milk	orange, dinner roll, yogurt
<b>1/27</b>	<b>1/28</b>	<b>1/29</b>	<b>1/30</b>	<b>1/31</b>		
<b>Hard Boiled Eggs with Cottage Cheese Dip and Pita Bread</b>	<b>Vegetarian Pasta Marinara with Beans</b>	<b>Cheese Ravioli with Beans</b>	<b>Balsamic Chicken Sandwich</b>	<b>BBQ Chicken</b>		
baby carrots, crunchy chickpeas, orange, milk	apple, pasta, saltine crackers, yogurt	mixed vegetables, orange, dinner roll, milk	mixed vegetables, pear fruit cup, yogurt	roasted vegetables, peach + pear fruit cup, cornbread, dinner roll, cheese stick, yogurt		