

January

January						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	No School	Chow Mein Sandwich or plate Veggie Rice 1 Whole Fruit	Meatball Sub Chips 1 Whole Fruit	Chicken Nuggets or Chicken Mozambique with potatoes Veggie Rice 1 Whole Fruit	Cheese or Pepperoni Pizza Side Salad 1 Whole Fruit	
8	9	10	11	12	13	14
	Chicken Pattie Sandwich Pasta Salad 1 Whole Fruit	Chourico Sandwich or Hot Dog Chips or Side Salad 1 Whole Fruit	Shepherd's Pie Side salad 1 Whole Fruit	Baked Ziti Garlic Roll Side Salad 1 Whole Fruit	Cheese or Pepperoni Pizza Side Salad 1 Whole Fruit	
15	16	17	18	19	20	21
	American Chop Suey Side Salad 1 Whole Fruit	Chow Mein Sandwich or plate Veggie Rice 1 Whole Fruit	Meatball Sub Chips 1 Whole Fruit	Chicken Nuggets or Chicken Mozambique with potatoes Veggie Rice 1 Whole Fruit	Cheese or Pepperoni Pizza Side Salad 1 Whole Fruit	
22	23	24	25	26	27	28
	Chicken Plate Veggie Rice or Side Salad 1 Whole Fruit	Chourico Sandwich or Hot Dog Chips or Side Salad 1 Whole Fruit	Shepherd's Pie Side salad 1 Whole Fruit	Baked Ziti Garlic Roll Side Salad 1 Whole Fruit	Cheese or Pepperoni Pizza Side Salad 1 Whole Fruit	
29	30	31	1	2	3	4
	American Chop Suey Side Salad 1 Whole Fruit	Chow Mein Sandwich or plate Veggie Rice 1 Whole Fruit	Meatball Sub Chips 1 Whole Fruit	Chicken Nuggets or Chicken Mozambique with potatoes Veggie Rice 1 Whole Fruit	Cheese or Pepperoni Pizza Side Salad 1 Whole Fruit	

Other Daily Options:

Combo #2

- Your choice of a Cold Sandwich or Wrap
- Side Salad
- 1 Whole Fruit

Combo #3

- Garden Salad (field greens, tomatoes, cucumbers, onions and carrots) with a scoop of tuna salad or chicken salad
- Vegetables
- 1 Whole Fruit