

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	7	8	9	10
No School	V EF Cheese Pizza	V GF cheese, egg and potato fritatta	V EF GF DF Veggie Fried Rice with Tofu	EF GF Chicken tortilla soup
Staff Professional Day	Fruit and Vegetable	Fruit and Vegetable	Fruit and milk	Corn bread
	Milk	Milk		Fruit and Milk
	Gluten Free Available			
13	14	15	16	17
V EF Cheese Pizza	EF TACO TUESDAY!	V GF EF Cream of rice with berries	EF DF GF Thai chicken curry with veggies	V EF GF Vegetable Minestrone
Fruit and Vegetable	Pollo Asado (chicken in a zesty marinade	Granola and yogurt	Rice	Slipper Bread
Milk	fixings (sour cream, cheese, salsa)	fruit and vegetable	Fruit and Milk	Fruit and Milk
Gluten Free Available	Flour Tortillas	milk		
	Fruit and vegetable			
	Milk			
20	21	22	23	24
No School	V EF Cheese Pizza	Savory tart- bacon, cheese and greens	V EF Pesto pasta	V EF GF Potato Leek soup
Martin Luther King Jr Day	Fruit and Vegetable	fruit and vegetable	Fruit and Vegetable	Slipper Bread
	Milk	Milk	Milk	Fruit and Vegetable
	Gluten Free Available			Milk
27	28	29	30	31
V EF Cheese Pizza	V EF TACO TUESDAY!	V EF Pizza bagels	EF Penne pasta with pork ragu	V EF GF white bean soup with parmesan and kale
Fruit and Vegetable	black bean, cheese and rice burritos	Fruit and vegetable	fruit and vegetable	Slipper Bread
Milk	Fixings (salsa, sour cream)	Milk	milk	fruit and milk
Gluten Free Available	fruit and vegetable			
	milk			

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