

# January Lunch Menu

Mon	Tue	Wed	Thu	Fri
3 "Beef Tacos" Warm flour tortillas, ground beef and steamed organic baby carrots	4 "SOPITA" Hearty soup with organic baby carrots and baby spinach	5 "Gallo Pinto" Cuban style black beans and rice with a side of steamed yams	6 "Cheesy Mac" Annie's organic macaroni and cheese with a side of steamed broccoli	7 "Kids Delight" Children will create their own nutritious lunches using simple recipes
10 Roasted chicken with a side of brown rice and steamed vegetables	11 Organic wheat noodles lightly buttered with parmesan cheese and a side of seasoned vegetables	12 "Stir Fry Bowl" Steamed stir fry vegetables over brown rice	13 "Spaghetti Mania" Organic spaghetti pasta with meat sauce and a side of green salad	14 "Kids Delight" Children will create their own nutritious lunches using simple recipes
17 Holiday	18 "Cheesy Mac" Annie's organic macaroni and cheese with a side of steamed broccoli	19 "SOPITA" Hearty soup with organic baby carrots and baby spinach	20 "Gallo Pinto" Cuban style black beans and rice with a side of steamed yams	21 "Kids Delight" Children will create their own nutritious lunches using simple recipes
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31 Roasted chicken with a side of couscous and steamed corn				