

January Lunch

NO FRIED FOODS!!

Monday, January 4, 2021	Tuesday, January 5, 2021	Wednesday, January 6, 2021	Thursday, January 7, 2021	Friday, January 8, 2021
Cheesy Italian Pasta <u>V, EF</u> Peas and Carrots Honey Dew <u>Vegan, DF: Pasta Marinara & Vegan Cheese</u> <u>GF: Entrée w/ GF Pasta</u>	Turkey Sloppy Joes - <u>DF, EF</u> Dinner Roll Cauliflower Watermelon <u>V, Vegan: Lentil & Bean Sloppy Joe</u> <u>GF: GF Bread</u>	Red Pepper Turkey - <u>EF, GF</u> Whole Grain Brown Rice Green Beans Pineapple <u>V, Vegan: Tofu w/ DF Sauce</u> <u>DF: Turkey w/ DF Sauce</u>	Nut Free Pesto Chicken - <u>EF</u> Pasta Sliced Carrots Bananas <u>V, Vegan: DF Pesto Tofu</u> <u>DF: DF Pesto Chicken</u> <u>GF: Entrée w/ GF Pasta</u>	Pizza Day - <u>V, EF</u> Flour Pizza Crust Cucumbers Fruit Salad <u>DF: Pizza w/Turkey Pepperoni</u> <u>GF: Gluten Free Pizza w/ Cheese</u> <u>Vegan: Pizza w/ Vegan Cheese</u>
Monday, January 11, 2021	Tuesday, January 12, 2021	Wednesday, January 13, 2021	Thursday, January 14, 2021	Friday, January 15, 2021
Spaghetti and Meatballs Sliced Carrots Cantaloupe <u>V, Vegan, DF, EF:</u> <u>Spaghetti w/ Tofu, Marinara</u> <u>GF: GF Pasta w/ Tofu Marinara</u>	Taco Tuesday!!!! Whole Grain Tortillas Lettuce, Salsa Bananas <u>V, Vegan: Veggie & Bean Taco</u> <u>GF: Entrée with Corn Tortilla</u>	Turkey Chili - <u>DF, EF</u> Wheat Bread Broccoli Honey Dew <u>V, Vegan - Three Bean Chili</u> <u>GF: GF Bread</u>	Chicken Teriyaki - <u>DF, EF, GF</u> Whole Grain Brown Rice Cauliflower Watermelon <u>V, Vegan: Tofu Teriyaki</u>	Pasta Alfredo - <u>V, EF</u> Cucumbers Fruit Salad <u>DF, Vegan: Pasta Marinara w/ Vegan Cheese</u> <u>GF: GF Pasta Alfredo</u>
Monday, January 18, 2021	Tuesday, January 19, 2021	Wednesday, January 20, 2021	Thursday, January 21, 2021	Friday, January 22, 2021
Meatball Slider Dinner Roll Green Beans Cantaloupe <u>V, Vegan, DF, EF: Tofu Slider</u> <u>GF: Tofu Slider w/GF Bread</u>	Mega Mac & Cheese <u>V, EF</u> Broccoli Honey Dew <u>GF: GF Pasta w/ GF Sauce</u> <u>Vegan, DF: Cheesy Vegan Pasta</u>	Turkey Burgers - <u>DF, EF</u> Dinner Roll Sliced Carrots Watermelon <u>V, Vegan: Veggie Burger</u> <u>GF: GF Bread</u>	Chicken Pot Pie Wheat Bread Peas and Carrots Pineapple <u>V, Vegan - Tofu Veggie Bowl</u> <u>DF/GF- Chicken Veggie Bowl</u>	Pizza Day - <u>V, EF</u> Flour Pizza Crust Cucumbers Fruit Salad <u>DF: Pizza w/Turkey Pepperoni</u> <u>GF: Gluten Free Pizza w/ Cheese</u> <u>Vegan: Pizza w/ Vegan Cheese</u>
Monday, January 25, 2021	Tuesday, January 26, 2021	Wednesday, January 27, 2021	Thursday, January 28, 2021	Friday, January 29, 2021
Pasta Alfredo - <u>V, EF</u> Sliced Carrots Honey Dew <u>DF, Vegan: Pasta Marinara w/ Vegan Cheese</u> <u>GF: GF Pasta Alfredo</u>	Chicken Paella - <u>DF, EF, GF</u> Whole Grain Turmeric Rice Broccoli Cantaloupe <u>V, Vegan: Tofu Paella</u>	Slow Roasted Turkey Wheat Bread Butternut Squash Bananas <u>GF, V, Vegan: Three Bean Chili</u> <u>GF: GF Bread</u>	Mama's Bolognese <u>DF, EF</u> Peas and Carrots Pineapple <u>V, Vegan: Pasta w/ Vegetable Ragu</u> <u>GF: Entrée w/ GF Pasta</u>	BBQ Chicken - <u>DF, EF</u> Wheat Bread Cucumbers Fruit Salad <u>V, Vegan: BBQ Tofu</u> <u>GF: Gluten Free Bread</u>