



# Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>January Wellness Challenge</b> 1) Add something green to every meal. 2) Do a crossword or sudoku puzzle. 3) For every hour you sit, make sure to be active for at least 10 minutes.		Please remember to send nutritious snacks in the Snack Basket! Here are some ideas: <b>Whole Grain Crackers</b> <b>Veggie Sticks &amp; Hummus</b> <b>Hard Boiled Eggs</b> <b>Cheese &amp; Fruit</b> There is more to snack-life than Go-Gurts!	
<b>7</b> Meatless Mondays Bean & Cheese Burritos Grilled Corn Caesar Salad Seasonal Fruit Milk	<b>8</b> <b>Violy's Adobo</b> Chicken or Tofu Rice Stir-fry Seasonal Fruit Milk <b>5:30 Parents' Club</b>	<b>9</b> Carnitas or Veggie Tacos Ensalada de Repollo Homemade Salsa Beans & Rice Seasonal Fruit Milk <b>Minimum Day</b>	<b>10</b> Cheese Pizza with Red or Pesto Sauce Garden Salad Seasonal Veggie Seasonal Fruit Milk	<b>11</b> Bagels with Cream Cheese Hard Boiled Eggs Veggie Sticks Seasonal Fruit Milk
<b>14</b> Meatless Mondays Bean & Cheese Pupusas Beans & Rice Cabbage Salad Seasonal Fruit Milk	<b>15</b> Grilled Fish or Veggie Tostadas Ensalada de Repollo Homemade Salsa Beans & Rice Seasonal Fruit Milk <b>4pm Board Meeting</b>	<b>16</b> Asian Chicken or Veggie Salad WW Noodles Seasonal Fruit Milk <b>Minimum Day</b>	<b>17</b> Lamb or Veggie Stew Rice Garden Salad Seasonal Fruit Milk <b>4pm Site Council</b>	<b>18</b> Grilled Cheese Tomato Soup Garden Salad Seasonal Fruit Milk
<b>21</b> <b>NO SCHOOL</b>  <b>Martin Luther King Jr. Day</b>	<b>22</b> BBQ Pork or Tofu Sandwich ColeSlaw Seasonal Veggie Seasonal Fruit Milk <b>3:15 Wellness Meeting</b>	<b>23</b> Cheese Enchiladas Rice & Beans Garden Salad Seasonal Fruit Milk <b>Minimum Day</b>	<b>24</b> <b>Rice Bowl</b> Chicken or Tofu Teriyaki Stir Fried Veggies Seasonal Fruit Milk	<b>25</b> Swanton Beef or Veggie Burgers Baked Sweet Potato Fries Garden Salad Seasonal Fruit Milk
<b>28</b> Meatless Mondays Spaghetti with Marinara Sauce Cheesy Bread Seasonal Veggie Garden Salad Seasonal Fruit Milk <b>School Bills Due!</b>	<b>29</b> Jerry's Arroz con Pollo (Rice & Chicken) Seasonal Veggies Seasonal Fruit Milk	<b>30</b> Veggie Chili Cornbread Seasonal Veggie Seasonal Fruit Milk <b>Minimum Day</b>	<b>31</b> Roast Turkey or Tofu Cheesy Pesto Pasta Seasonal Veggies Seasonal Fruit Milk	<b>1</b> Bean & Cheese Burritos Grilled Corn Caesar Salad Seasonal Fruit Milk