

LUNCH MENU --- JANUARY 2012

Mon	Tue	Wed	Thu	Fri
JAN 09 Grilled cheese melt, tomato, baked fries, salad w/dressing, Jell-O	JAN 10 Roast beef w/mushrooms mashed potatoes/gravy, peas & carrots	JAN 11 Chicken kebob, pilaf, pita bread salad w/dressing	JAN 12 Cheese hamburger, lettuce & tomato, baked fries	JAN 13 Chinese chicken salad, baked potato, garlic bread
JAN 16 Martin Luther King Day School Closed	JAN 17 Tuna sandwich, sliced tomatoes, salad w/dressing	JAN 18 3 period day Basketball game Ferrhian vs. Pilibos	JAN 19 Beef fajita, 2 tortillas, Spanish rice, guacamole	JAN 20 Cheese beureg & keofta, Hummus, pita bread, Armenian salad
JAN 23 Shrimp scampi w/pasta, garlic bread, salad w/dressing	JAN 24 Shredded beef taco, two hard shells, cheese, salad w/dressing	JAN 25 Chicken Nuggets French fries, salad w/dressing, Jell-O	JAN 26 Thin crust pizza, mushroom/ pepperoni, salad w/dressing	JAN 27 Fettuccine Alfredo, with chicken, garlic bread, salad w/dressing
JAN 30 Cheese quesadilla, pinto beans, salad w/dressing	JAN 31 Beef teriyaki sautéed w/broccoli-carrot served on pilaf			

Price per lunch: \$3.50

All lunches are served with choice of:

- a. bottled water,
- b. Capri Sun juice (6oz.),
- c. Cup of milk (6 oz.) with lid

**All lunches are served with choice of
a seasonal whole fruit**