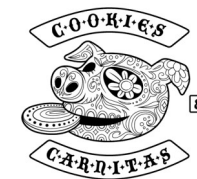


# JANUARY LUNCH

SEASONAL SALAD BAR & SANDWICHES OFFERED DAILY



Monday	Tuesday	Wednesday	Thursday	Friday
30`	31	1	2	3
<b>NO SCHOOL — WINTER BREAK</b>				
6	7	8	9	10
<b>NO SCHOOL</b>	Ground Beef or Fajita Veggie Nachos Nacho Cheese, Smokey Frijoles Toppings Bar Soup of the Day	Pasta Alfredo Fresh Herb Pesto Green Beans Garlic Bread Soup of the Day	Chicken Paprikash Garlic Mashed Potatoes Roasted Broccoli Soup of the Day	Three-Cheese Grilled Cheese Creamy Tomato Soup Peas and Carrots Soup of the Day
13	14	15	16	17
Backyard Burgers or Portobello Mushrooms Chips, Cole Slaw Toppings Bar Soup of the Day	Chicken Tandoori Steamed Basmati Rice Curry-Spiced Carrots Soup of the Day	Pasta Marinara Fresh Herb Pesto Aged Parmesan Cheese Baked Broccoli, Cheesy Bread Soup of the Day	General Tso's Chicken Steamed Rice Stir-Fried Vegetables Soup of the Day	Pizza Bread Mozzarella Cheese San Marzano Tomatoes Caesar Salad Soup of the Day
20	21	22	23	24
<b>MLK DAY NO SCHOOL</b>	Hoisin-Glazed Chicken Veggie Fried Rice Sautéed Bok Choy Soup of the Day	Creamy Mac and Cheese Fresh Herb Pesto Aged Parmesan Peas and Carrots Soup of the Day	Chicken Pot Pie Homemade Biscuits Roasted Broccoli Soup of the Day	Chihuahua Cheese Quesadilla Homemade Salsa, Crema Corn and Black Bean Salad Soup of the Day
27	28	29	30	3
Coconut Chicken Korma Steamed Basmati Rice Stir-Fried Veggies Soup of the Day	Korean Beef or Mushroom Tacos El Milagro Flour Tortillas Pickled Onions,, Kimchi Toppings Bar Soup of the Day	Pasta a la Vodka Fresh Herb Pesto Aged Parmesan Cheese Garlic Bread, Green Beans Soup of the Day	White Chicken Chili Homemade Cornbread Sautéed Kale and Mushrooms Soup of the Day	Old School Baked Lasagna Aged Parmesan Fresh Herb Pesto Garlic Green Beans Soup of the Day

# January

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<b>6</b>  Chicken Teriyaki w/ Rice (GF)	<b>7</b>  Sloppy Joes w/ Turkey	<b>8</b>  Chicken & Sweet Potato Fritter	<b>9</b>  Mac & Cheese (VEG)	<b>10</b>  Mexican Lasagna w/ Beef (GF)
<b>13</b>  Cajun Rice & Beans w/ Turkey (GF)	<b>14</b>  Chicken Alfredo	<b>15</b>  Vegetable & Bean Chili w/ Oyster Crackers (VEG & V)	<b>16</b>  Meatloaf w/ Mashed Potatoes (GF)	<b>17</b>  BBQ Chicken Sandwich
<b>20</b>  Baked Mostaccioli w/ Turkey	<b>21</b>  Lemon Pepper Chicken & Rice (GF)	<b>22</b>  Cheeseburger	<b>23</b>  Chicken Fajitas w Flour Tortilla	<b>24</b>  Mac & Cheese (VEG)
<b>27</b>  BBQ Chicken Sandwich	<b>28</b>  Meatballs w/ Mashed Potatoes - Turkey	<b>29</b>  Bean & Cheese Quesadilla (VEG)	<b>30</b>  Vegetable & Bean Chili w/ Oyster Crackers (VEG & V)	<b>31</b>  Cheesy Rice Bake w/ Turkey (GF)

All lunches are served with fresh fruit and vegetables.

GF = Gluten-Free

VEG = Vegetarian

V = Vegan

Beyond Green Sustainable Food Partners - 1103 W. Grand Ave., Chicago, IL 60642 - (312) 275-6801



# January

## Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>6</b>  Banana Cocoa Oat Cookie & Fruit	<b>7</b>  Roasted Red Pepper Hummus & Pita	<b>8</b>  Zucchini Bread & Fruit	<b>9</b>  Parmesan Potato Wedges & Yogurt	<b>10</b>  Cheese Cubes & Vegetables
<b>13</b>  Cocoa Bread w/ Fruit (GF, VEG, V)	<b>14</b>  Black Bean & Corn Medley & Pita	<b>15</b>  Oat Crackers (Curry) & Cheese Cubes	<b>16</b>  Sweet Potato Chips & Fruit	<b>17</b>  Cheese Roll Up (VEG)
<b>20</b>  Parmesan Potato Wedges & Cheese Cubes	<b>21</b>  Oat Crackers (Cinnamon & Sugar) & Fruit	<b>22</b>  Creamy Spinach Dip & Carrots	<b>23</b>  Fresh Veggies w/ Greek Yogurt Ranch and Pita (VEG)	<b>24</b>  Zucchini Bread & Fruit
<b>27</b>  Banana Bread & Fruit	<b>28</b>  Eggplant Hummus & Pita	<b>29</b>  Graham Crackers & Fruit	<b>30</b>  Cinnamon Sweet Potato Chips & Fruit	<b>31</b>  Carrot Bread & Applesauce

