



SCHOOL MEAL PROGRAM

Hot Lunch Menu January, 2017

Thank you for supporting the School Meal Program

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 Beef Lasagne Fruit Cocktail Milk	4 Chicken Cacciatore & Tri Colour Rotini Tossed Salad Milk	5 Fish Filet with Rice/Quinoa Fresh Fruit Milk	6 Chicken Noodle Soup Stoned Wheat Crackers Milk
9 Sheppard's Pie (beef) Gala Apple Milk	10 Butter Chicken & Brown Rice Mix Fresh Fruit Milk	11 Turkey Meatball with Whole Wheat Spaghetti Caesar Salad Milk	12 Beef Hamburger on Whole Wheat Bun Fruit Yogurt Milk	13 Cheese Pizza on Multigrain Crust Fresh Fruit Milk
16 BBQ chicken with Mashed Potatoes Fresh Fruit Milk	17 Beef Stew with Potatoes & Veggies Multigrain Roll Fresh Fruit Milk	18 Macaroni & Cheese Canned Peaches Milk	19 Mango Salsa Chicken with Kernel Corn Spinach Salad Milk	20 Beef Burrito Cucumbers & dip Milk
23 Meat Sauce with Whole Wheat Penne (beef) Fresh Fruit Milk	24 Baked Chicken with Mashed Potatoes Tossed Salad Milk	25 Cheese Ravioli in Tomato Sauce Fresh Fruit Milk	26 Fish tacos Shredded Lettuce Carrots & Dip Milk	27 Cheese Pizza on Multigrain Crust Fresh Fruit Milk