

# January 2019

## Have LUNCH @ the J

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
Penne w/ Alfredo Wheat Roll w/ Margarine Carrots Mandarin Oranges	NO LUNCH	Veggie Pizza Tossed Salad w/ Ranch Dressing Yogurt Peaches	Catch of the Day Tossed Salad w/ Ranch Dressing Fruit Wheat Roll	BBQ Chicken Red Skin Potatoes Chefs Vegetable Fruit Challah/Margarine
7	8	9	10	11
Mac and Cheese Wheat Roll Carrots Mandarin Oranges	Stuffed Cabbage Potato Wedges Peas and Carrots Tropical Fruit	Veggie Quiche Tossed Salad w/ Ranch Peaches	Tuna Melt w/ Wheat Bagel Corn and Black Bean Salsa Pineapple	Lemon Pepper Chicken Brown Rice Chefs Vegetable Fruit Challah/Margarine
14	15	16	17	18
Penne w/ Alfredo Wheat Roll w/ Margarine Carrots Mandarin Oranges	White Bean & Chicken Chili Corn Bread Cole Slaw Potato Wedges Tropical Fruit	Veggie Pizza Tossed Salad w/ Ranch Dressing Yogurt Peaches	Catch of the Day Tossed Salad w/ Ranch Dressing Fruit Wheat Roll	Pineapple Chicken Red Skin Potatoes Chefs Vegetable Fruit Challah/Margarine
21	22	23	24	25
Mac and Cheese Wheat Roll Carrots Mandarin Oranges	Hamburger on Wheat Bun Tomato and Lettuce Potato Wedges Tropical Fruit	Vegetable & Cheese Quesadilla Rice w/ Beans & Corn Tossed Salad w/ Ranch Peaches	Tuna Casserole Tossed Salad w/ Ranch Dressing Fruit Wheat Roll	Herb Baked Chicken Mashed Potatoes Chef Vegetable Fruit Challah/Margarine
28	29	30	31	
Baked Ziti w/ Tofu Green Beans Mandarin Oranges	Turkey w/ Wheat Bread Tomato and Lettuce Potato Wedges Tropical Fruit	Eggplant Parm Tossed Salad w/ Ranch Dressing Yogurt Peaches	Catch of the Day Brown Rice Mixed Vegetable Sliced Pears	