

~ January 2019 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> New Year's Day	<b>2</b> No School	<b>3</b> Cheese ravioli Caesar salad Peach halves	<b>4</b> Chicken cheese steak Sautéed zucchini and yellow squash mix Pineapple rings	<b>5</b>
<b>6</b>	<b>7</b> Toasted cheddar cheese on whole grain bread Homemade tomato soup with rice Roasted baby carrots Fresh seasonal fruit	<b>8</b> Chicken fajitas with onions and peppers on a whole wheat tortilla Cheddar cheese, salsa & Greek yogurt Sautéed corn Pear halves	<b>9</b> Beef stew with vegetables Egg noodles Bananas	<b>10</b> Meadowbrook chicken Brown rice Broccoli Pineapple rings	<b>11</b>  <b>4<sup>th</sup> Grade Surprise</b>	<b>12</b>
<b>13</b>	<b>14</b> <b>Drew and Ben's Special Lunch</b> French bread cheese pizza Raw carrots & cucumbers with Ranch Dressing Cinnamon apples Ice cream sandwiches	<b>15</b> Turkey tacos on whole wheat shells with all the fixings Mexicali Corn Mandarin oranges	<b>16</b> Homemade beef meatball sandwiches on whole wheat roll Side salad Fresh fruit Lemon pudding	<b>17</b> <b>Meadowbrook Munchable:</b> Cheese and turkey with whole wheat crackers Carrot sticks Grapes Chocolate chip cookie	<b>18</b> Scrambled egg, cheddar cheese and sausage wrap on whole wheat shells Raw peppers and carrots Pear halves	<b>19</b>
<b>20</b>	<b>21</b> NO SCHOOL MLK Day	<b>22</b> Chicken and cheese quesadillas on whole wheat tortilla with all the fixings Sautéed Corn Pineapple rings	<b>23</b> Baked ziti with ricotta and mozzarella cheese Caesar salad Cinnamon apple slices	<b>24</b> BBQ chicken Raw veggie sampler Seasoned roasted potatoes Pear halves	<b>25</b> Hot dog Baked beans Veggie chips Apple slices	<b>26</b>
<b>27</b>	<b>28</b> Chicken tenders White and sweet potato tater tots Raw veggie tray Pear halves	<b>29</b> Turkey tacos on whole wheat shells with all the fixings Mexicali Corn Peach halves	<b>30</b> Chicken parm with pasta and marinara Broccoli Fresh fruit	<b>31</b> Homemade beef cheeseburger sliders Raw veggie medley French fries Yogurt with fresh fruit on top Grapes	<b>1</b> Homemade minestrone soup Baked potato Broccoli Pineapple rings Strawberry Yogurt	<b>2</b>