

## winter menu

} december  
} january  
} february

**Protein** >3oz total  
**Grain** >3oz  
**Fruit & Veg** > 6 oz - 8 oz  
**Milk** > 4oz cup

monday	tuesday	wednesday	thursday	friday
<b>January 23</b> Pasta w/ Tomato Cream Sauce  Local Peas Orange Slices Whole Grain Bread	<b>January 24</b> Oven "Fried" Chicken <i>Veggie "Chicken"</i>  Mashed Sweet Potatoes Fruit Salad	<b>January 25</b> Cheesy Quesadillas  Maple Roasted Root Veggies Low fat sour cream Banana Halves	<b>January 26</b> Turkey Pot Pie <i>Veggie Pot Pie</i>  Local Green Beans Apple Slices Fresh Baked Biscuit	<b>January 27</b> Chicken Terriyaki <i>Tofu Teriyaki</i> Steamed Broccoli Fresh Pineapple Brown Rice, Miso Soup Dessert
<b>January 2, 30</b> Tortellini w/ Marinara Sauce  Local Green Beans Orange Slices Whole Grain Bread	<b>January 3, 31</b> TallGrass Beef Hot Dog  Steamed Carrots Pineapple Whole Grain Bun Tri Color Chili	<b>January 4</b> Chicken Parmesan <i>Eggplant Parmesan</i>  Fresh Broccoli Banana Halves Whole Grain Bread	<b>NEW! January 5</b> Turkey Sloppy Joe <i>Veggie Sloppy Joe</i>  Sweet Potato Fries Apple Slices Whole Grain Bun	<b>January 6</b> Cheesy Pizza  Roasted Cauliflower Fruit Salad Whole Grain Bread Dessert
<b>January 9</b> Baked Ziti  Broccoli Orange Slices Whole Grain Bread	<b>NEW! January 10</b> Asian BBQ <i>Asian BBQ Tofu</i>  Asian Veggies Pineapple Whole Grain Rolls	<b>January 11</b> Creamy Mac & Cheese  Local Peas Fruit Salad Whole Grain Bread	<b>January 12</b> Roast Turkey w/Gravy <i>Veggie Meatloaf</i> Mashed Potatoes Local Green Beans Pearsauce	<b>NEW! January 13</b> Tall Grass Beef Tacos <i>Veggie Tacos</i> Seasonal Veggies Apple Slices Tortilla Soup Dessert
<b>January 16</b> Rotini w/ Tomato Basil Sauce  Broccoli Orange Slices Whole Grain Bread	<b>NEW! January 17</b> Healthy Nacho Bar  Fresh tomato, cheddar cheese, lowfat sour cream, refried beans Pear Slices	<b>January 18</b> Meatballs Marinara <i>Vegetarian "Meatballs"</i>  Cauliflower Banana Halves Penne Pasta	<b>January 19</b> Grilled Cheese  Fresh Fruit Salad Local Green Beans Tomato Soup	<b>January 20</b> Fish Tenders <i>Potato Latke w/Yogurt</i>  Local Peas Apple Cobbler Whole Grain Bread

\*nut free kitchen! (but we are a little crazy!)

