

Learning Prep School

January 2018

Lunch Menu

Prices: Student Lunch: \$3.25, Staff Lunch: \$3.50, Student Breakfast: \$1.25, Staff Breakfast: \$1.50, milk: \$1.00.

All meals served with 1%, white skim, or chocolate skim milk. Menu subject to change.

Alternate Lunch Choices each Day: Toasted Cheese Sandwich with sides or Hummus Wrap/Gluten free Hummus Plate

**Gluten Free/Gluten Free available

Breakfast Choices each Day: Cheerios GF, Rice Krispies GF or Toasted Bagel with Cream Cheese or Hummus, Fruit, Milk.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| 1 No School New Year's Day | 2 Chicken in a soft shell with cheese, Salsa Bean Salad Fruit | 3 Macaroni and Cheese Spinach Fruit | 4 Hamburger, Cheese Burger, or Veggie Burger Oven Fries Fruit | 5 Cheese or Specialty Pizza Whole Wheat Crust Carrot Sticks Vinaigrette Juice |
| 8 Pulled Pork Sandwich Carrot Sticks and Sliced Cucumbers Fruit | 9 Ground Beef Tacos On a soft shell with cheese and salsa Spicy Corn and Bean Salad Fruit | 10 ½ day 11:30 Dismissal | 11 Egg, Ham and Cheese on a Whole Wheat English Muffin Hash Browned Potatoes Fruit | 12 Meat/Cheese/Veg Calzones made on Whole Wheat Crust Marinara Fruit Salad |
| 15 No School MLK Day | 16 **Chicken Burrito Bowl Brown rice, black beans, salsa and cheese | 17 Lazy Man Lasagna Baked Pasta, Ricotta and Mozzarella cheese, meat sauce (Meatless Lasagna Rolls available) Green Beans Fruit | 18 Turkey and Cheese Wrap Salad Fruit | 19 Cheese or Specialty Pizza Whole Wheat Crust Carrot Sticks Vinaigrette Juice |
| 22 **Chicken Tender Sweet Potatoes Fruit | 23 Breakfast Burrito (Eggs/cheese/tortilla) Topped with Salsa, sour cream and scallions Broccoli Fruit | 24 Asian Chicken Noodle Salad (Teriyaki style chicken with Asian Vegetables and Noodles) | 25 **Shepard's Pie Ground Beef and Vegetables topped with homemade mashed potatoes Fruit | 26 Cheese or Specialty Pizza Whole Wheat Crust Carrot Sticks Vinaigrette Juice |
| 29 **Orange Chicken Rice Broccoli Fruit | 30 Turkey Tacos Beans Shredded Cheese Fruit | 31 Pasta with Meat or Marinara Sauce Peas Fruit |  |  |

This institute is an equal opportunity provider. Please inform your server if you have any food allergies.