

## Learning Prep School

January 2019



### Lunch Menu

**Prices:** Breakfast and Lunch are available each day.

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

**Alternate Lunch Choices each Day:** Toasted Cheese Sandwich, Garden Salad with Chicken (T-F) or Greek Salad(T-F)

**Breakfast Choices each Day:** Cheerios GF, Blueberry Muffin, or Toasted Bagel with Cream Cheese, Fruit, Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
	1  <b>Winter Recess No School</b>	2  Macaroni and Cheese Broccoli Fruit	3  Egg, Sausage and Cheese on a Croissant Tater Tots Fruit	4  Cheese or Specialty Pizza Whole Wheat Crust Carrot Sticks Vinaigrette Juice
7  Brooke's Pork Dumplings Asian Slaw Sticky Rice Fruit	8  Chicken, Black Bean and Cheese Burritos Mexican Corn Fruit	9  Pasta Cabonara Spinach Fruit	10  Chili con Carne Corn Bread Fruit	11  Calzones (Cheese and Specialty) made on Whole Wheat Crust Marinara Fruit
14  Pulled Pork Sandwich Potato Salad Corn Fruit	15  Ground Beef Tacos On a soft shell with cheese and salsa Bean Salad Fruit	16  Chicken and Pesto Primavera Fruit	17  Buffalo or Chicken Caesar Wrap Celery Sticks Fruit	18  <b>No School Professional Development</b>
21  <b>Martin Luther King Jr. No School</b>	22  <b>**Chicken Burrito Bowl</b> Brown rice, kidney beans, salsa and cheese	23  Stuffed Shells Salad Bread Stick Fruit	24  Cuban Sandwich Chips Fruit	25  Cheese or Specialty Pizza Whole Wheat Crust Cucumber Slices Vinaigrette Juice
28  Grilled Cheese and Bacon or Tomato on a Crusty Roll Tomato Basil Soup Fruit	29  Pork Carnitas Rice and Beans Salsa Fruit	30  Meatballs and Rotini Salad Fruit	31  Belguim Waffles Bacon Homefries Orange Juice	

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

