



January Lunch Menu

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

1 	2 Turkey Wrap w/ Lettuce, Tomato, Cheese and Fresh Fruit	3 Pasta Faggioli w/ Garlic Bread Fresh Fruit	4 Ground Turkey w/ Mixed Veggies Rice and Fresh Fruit	5 Pasta Alfredo w/ Zucchini Shreds, Garden Salad Fresh Fruit
8 Turkey Burger w/ Lettuce, Tomato, Cheese Fresh Fruit	9 Bean and Cheese Burrito on Whole Wheat Tortilla Garden Salad Fresh Fruit	10 Lentil Vegetable Soup w/ Garlic Bread Fresh Fruit	11 Honey Ginger Chicken Bites w/ Mashed Potatoes, Broccoli, Fresh Fruit	12 Cheese Tortellini w/ Marinara Sauce, Cesar Salad Fresh Fruit
15 	16 Chicken Teriyaki w/ Broccoli, Rice Fresh Fruit	17 Turkey Wrap w/ Lettuce, Tomato, Cheese and Fruit	18 Pasta Faggioli w/ Garlic Bread Fresh Fruit	19 Ground Turkey w/ Mixed Veggies Rice and Fresh Fruit
22 Pasta Alfredo w/ Zucchini Shreds, Garden Salad Fresh Fruit	23 Turkey Burger w/ Lettuce, Tomato, Cheese Fresh Fruit	24 Bean and Cheese Burrito on Whole Wheat Tortilla Garden Salad Fresh Fruit	25 Lentil Vegetable Soup w/ Garlic Bread Fresh Fruit	26 Honey Ginger Chicken Bites w/ Mashed Potatoes, Broccoli, Fresh Fruit
27 Cheese Tortellini w/ Marinara Sauce, Cesar Salad Fresh Fruit	28 Chicken Teriyaki w/ Broccoli, Rice Fresh Fruit	29 Turkey Wrap w/ Lettuce, Tomato, Cheese and Fruit	30 Pasta Faggioli w/ Garlic Bread Fresh Fruit	31 Ground Turkey w/ Mixed Veggies Rice and Fresh Fruit

Fruit of the Month

Our FruitGuys Order will be on a mini Vacation during the month of January.

Seasonal Fruits & Veggies will be provided.

- Water is served with every meal and is our primary source of beverage.
- All meals are served Family Style
- A fruit and a vegetable is served with every meal and provided by *The Fruit Guys*.
- All meals are homemade and do not include anything fried, re-heated or with trans-fat.
- Only whole grain and whole wheat foods are provided.

