

January 2019 Lunch Menu
Harvest Of The Month * Fermented Foods *

Menu subject to change. Please notify kitchen staff of any food allergies before ordering.
 got questions? contact... jdevivo@mvyys.org
 The USDA is an equal opportunity provider.

<p>Available Everyday... Salad Bar or Egg, Chicken or Tuna Salad Sandwich, Veggie Sticks, Fresh Fruit & Milk</p>	<p align="center">get lunch</p>	<p>2 Cheese or Pepperoni Pizza, Garden Salad, Whole Grain Cookie & Milk</p>	<p>3 Buffalo Chicken Wings or Veggie Burger, Cheddar Corn Bisquit, Fresh Fruit & Milk</p>	<p>4 CATCH OF THE DAY Baked Fish Tacos, or Veggie Burger, Coleslaw, Fresh Fruit Milk</p>
<p>7 Cheese Ravioli w/ Marinara Sauce, Caesar Salad, Fresh Fruit & Milk</p>	<p>8 Beef or Veggie Enchiladas, Mexican Spiced Veggies, Fresh Fruit & Milk</p>	<p>9 Cheese or Pepperoni Pizza, Garden Salad, Whole Grain Cookie & Milk</p>	<p>10 Pork or Tofu Ramen, Asian Vegetables, Fresh Fruit & Milk</p>	<p>11 CATCH OF THE DAY Oven Baked Fish w/ Sundried Tomato & Basil Butter, Steamed Broccoli, Rice Pilaf, Fresh Fruit & Milk</p>
<p>14 Mac & Cheese, Whole Grain Breadstick, Steamed Peas, Fresh Fruit & Milk</p>	<p>15 Turkey or Veggie Tacos, Shredded Lettuce, Diced Tomatoes, Fresh Fruit & Milk</p>	<p>16 Cheese or Pepperoni Pizza, Garden Salad, Whole Grain Cookie & Milk</p>	<p>17 Grilled Cheese & Tomato Soup, Veggie Sticks, Fresh Fruit & Milk</p>	<p>18 CATCH OF THE DAY Fish or Veggie Chowder, Herb Cheddar Bisquit, Veggie Sticks, Fresh Fruit & Milk</p>
<p>21 No School</p>	<p>22 Chicken or Veggie Chili, Cornbread, Veggie Sticks, Fresh Fruit & Milk</p>	<p>23 Cheese or Pepperoni Pizza, Garden Salad, Whole Grain Cookie & Milk</p>	<p>24 BBQ Pulled Pork Sandwich or Veggie Burger, Sweet Potato Fries, Coleslaw, Fresh Fruit & Milk</p>	<p>25 CATCH OF THE DAY Fishcakes, Oven Fries, Sauteed Greens, Fresh Fruit & Milk</p>
<p>28 Pasta w/ Chicken & Broccoli Alfredo Sauce, Caesar Salad, Fresh Fruit & Milk</p>	<p>29 Cheese Quesadillas, Mexican Spiced Veggies w/ Beans, Fresh Fruit & Milk</p>	<p>30 Cheese or Pepperoni Pizza, Garden Salad, Whole Grain Cookie & Milk</p>	<p>31 Meatloaf or Veggie Burger, Mashed Potatoes, Steamed Carrots, Fresh Fruit & Milk</p>	<p align="center">get lunch</p>