

Thursday, January 1

**CLOSED
FOR HOLIDAY**

Friday, January 2

- Poblano Creamy Chicken
- Green Beans
- Orange
- Whole Grain Pasta

Monday, January 5

- Chicken Tikka Masala
- Roasted Eggplant
- Cantaloupe
- Brown Rice

Tuesday, January 6

- Lemon Glazed Fish
- Sweet Potato Mash
- Pineapple & Papaya
- Quinoa

Wednesday, January 7

- Beef & Broccoli
- Bok Choy
- Honeydew Melon
- Brown Rice

Thursday, January 8

- Chicken Primavera
- Green Peas
- Tangerine
- Whole Grain Pasta

Friday, January 9

- Beef Chile Colorado
- Black Beans
- Zucchini
- Kiwi

Monday, January 12

- Fish w/ Garlic Sauce
- Spinach
- Orange
- Quinoa

Tuesday, January 13

- Carne Asada
- Refried Beans
- Kiwi
- Tortilla

Wednesday, January 14

- Sesame Chicken
- Parsnips
- Cantaloupe
- Whole Grain Noodles

Thursday, January 15

- Meatloaf
- Mashed Potatoes
- Pineapple & Papaya
- Dinner Roll

Friday, January 16

- Jerk Chicken
- Candied Yams
- Coleslaw
- Mac & Cheese

Monday, January 19

**CLOSED
FOR HOLIDAY**

Tuesday, January 20

- Chicken Tinga
- Roasted Corn
- Cantaloupe
- Brown Rice

Wednesday, January 21

- White Fish
- Carrots
- Orange
- Quinoa

Thursday, January 22

- Chicken Enchilada
- Black Beans
- Kiwi
- Yellow Summer Squash

Friday, January 23

- Beef w/ Onions
- Steamed Greens
- Brown Rice
- Fruit

Monday, January 26

- Orange Chicken
- Garlic Zucchini
- Cantaloupe
- Brown Rice

Tuesday, January 27

- Beef Stir-fry
- Broccoli
- Orange
- Whole Grain Noodles

Wednesday, January 28

- Baked Chicken
- White Beans
- Baked Yams
- Whole Grain Roll

Thursday, January 29

- Fish Almandine
- Garlic Spinach
- Pineapple & Papaya
- Quinoa

Friday, January 30

- Harissa Chickpeas
- Roasted Eggplant
- Honeydew Melon
- Whole Grain Pita

• Menu subject to change
• \$3 suggested donation

