



January 2019

HEALTHY · Beautiful · DELICIOUS
NFSSSE'S CULINARY ARTS PROGRAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Happy New Year's Day! Kitchen Closed Holiday	2 Cheese Quesadillas & Tomato Soup	3 Ham & Cheese Pockets, & Potato Soup	4 Buffalo Chicken Salad Wrap, & Fresh Fruit	5 *Menu Items Subject to Change Based on Availability
6 * Gluten Free * Dairy Free * Gluten & Dairy	7 Spaghetti & Meatballs Garlic Bread Caesar Salad	8 Chicken Fajitas Red Rice & Black Beans Guacamole, Sour Cream, Pico de Gallo	9 Pork Tenderloin Porchetta, Garlic Parmesan Potatoes & Butternut Squash, Spinach Salad	10 Chili-Glazed Chicken, Jasmine Rice, Stir-Fry Broccoli	11 Chicken, Bacon, Lettuce, Tomato, Avocado Wrap, Fresh Fruit	12
13 * Gluten & Dairy Free Alternatives	14 White Chicken Chili Ranch BLT Salad Cornbread	15 Lasagna with Meat Sauce, Garlic Bread, & Salad	16 Goat Cheese Crusted Salmon, Brown Rice Pilaf	17 Roast Beef & Gravy, Mashed Potatoes & Cauliflower, Tossed Salad	18 Roast Beef & Avocado Wrap, Fresh Fruit	19
20	21 Broccoli & Cheese Soup, Soft Pretzel, & Salad	22 Sloppy Joes Sweet Potato Wedges House Pickles	23 5:00—6:30pm Family Night	24 Burger Night Ranch Burger Special Sauce Roasted Potatoes Broccoli Salad	25 Southwest Chicken Wrap, Fresh Fruit	26
27	28 Chili con Carne Salad Corn Tortilla Chips	29 Fish Tacos Rice & Beans Lime Cilantro Slaw	30 Meatloaf, Mashed Potatoes, Winter Spinach Salad	31 Garlic Shrimp Linguine Tossed Salad		