

**Food For Thought - Farm to Table, Organic Hot Lunch**

**January 2022 menu**

Students full Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Special Diet: \_\_\_\_\_

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<i>Spaghetti Marinara Salad or Fruit</i>	<i>Curried greens and chick peas, Indian style  W/Rice</i>	<i>Creamy Squash Soup  Bread and Butter  Salad</i>	<i>Quesadillas  Salad or Fruit</i>	<i>Teriyaki Chicken and or vegetables with rice  Salad or soup</i>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<i>Pasta Pesto  Salad or Fruit</i>	<i>Fried Rice  Salad or Fruit</i>	<i>Thai style soup Bread and Butter  Salad</i>	<i>Dal and Quinoa  Surprise Dessert</i>	<i>Brunswick stew  W/Rice</i>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<i>MLK Day No School</i>	<i>Roots in tomato sauce and Rice  Yogurt</i>	<i>Lentils Soup  Bread and Butter  Salad</i>	<i>French Toast, Boiled eggs, Apple Sauce, and Yogurt</i>	<i>Creamy cheesy grits w/roasted vegetables</i>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<i>Pasta Alfredo  Salad or Fruit</i>	<i>Black beans and rice  Salad or Fruit</i>	<i>Indian Style Split Pea Soup  Bread and Butter  Salad</i>	<i>Paleo Moroccan Chicken Stew W/Rice</i>	<i>Sushi W/Guest Chef Miku Pedersen  Fruit or Salad</i>
<b>31</b>				
<i>Pasta Bake  Salad or Fruit</i>				