

Hope Charter Vegetarian

January 1 - January 31

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Happy New Year!	2 SCHOOL CLOSED	3 SCHOOL CLOSED
6 W/W Mini Cheese Quesadillas - 3 Black Beans - 3/4c. Cherry Craisins - 1/2c Milk-8oz	7 Bean & Cheese Burrito -5oz French Fries - 3/4c. Applesauce Cup - 1/2 c. Milk - 8oz	8 Cheese Lasagna with Spaghetti Sauce-4 oz. Green Beans-3/4c. Whole Wheat Dinner Roll-1 Fresh Banana-1 Milk-8oz	9 BREAKFAST FOR LUNCH French Toast Sticks-3 Veggie Sausage Patty-2 oz. Fresh Baby Carrots w/ Dip-1c. Mixed Fruit Cup -1/2c Milk-8oz	10 W/G Pizza Bagel - 5oz Tossed Salad w/Dressing-1.5c Fresh Orange-1 Milk-8oz
13 Veggie Chicken Patty - 3oz. Mashed Potatoes-3/4 c. Orange Craisins - 1/2c Wheat Dinner Roll-1 Milk-8oz	14 W/G Veggie Nuggets-5 w/ Sweet & Sour Sauce Green Beans-3/4 c. Fresh Apple-1 Whole Grain Bread-1 Milk - 8oz	15 Veggie Burger on a Whole Wheat Bun-1 Diced Carrots-1c. Fresh Banana-1 Milk-8oz	16 Veggie Chicken Patty - 3oz Black Beans - 3/4c Applesauce Cup - 1/2c Whole Grain Bread - 1 Milk-8oz	17 COLD LUNCH EARLY DISMISSAL
20 MARTIN LUTHER KING JR DAY SCHOOL CLOSED	21 Mini Cheese Quesadilla-3 French Fries - 3/4c. Fresh Apple-1 Milk - 8oz	22 Tri Color Tortellini w/ Alfredo Sauce-3oz Diced Carrots-1c. Diced Pear Cup-1/2 c. Whole Grain Bread - 1 Milk-8oz	23 Veggie Meatballs W/ Teriyaki Sauce - 3oz. Oriental Mixed Vegetables- 3/4c. Fresh Apple-1 Whole Wheat Dinner Roll-1 Milk-8oz	24 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1.5c. Fresh Orange-1 Milk-8oz
27 Veggie Meatballs w/ Spaghetti Sauce - 3.5oz. Green Beans - 3/4c Cherry Craisins - 1/2c Wheat Dinner Roll -1 Milk - 8oz	28 Veggie Chicken Patty-3oz Mashed Potatoes - 3/4c Fresh Orange - 1 Whole Grain Bread-1 Milk - 8oz	29 W/G Veggie Nuggets - 5 Diced Carrots-1c. Fresh Apple - 1 Wheat Dinner Roll-1 Milk-8oz	30 Macaroni & Cheese - 6oz Black Beans - 3/4c Whole Grain Bread - 1 Fresh Banana - 1 Milk-8oz	31 W/G Pizza Bagel - 5oz Romaine Salad w/ Dressing-1.5c. Fresh Orange-1 Milk-8oz

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