

The Hawkswood School - Lunch

January 1 - January 31

*What's Cooking Today?*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>HAPPY NEW YEAR</b>	2 All Beef Hamburger on a Wheat Bun-1 Cauliflower Florets-1 c. Fresh Apple-1 Milk-8 oz.	3 Meatball Sub-1 Broccoli Florets Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8 oz.	4 Whole Grain Chicken Fingers-3 Hot Baby Carrots-1 c. Whole Grain Bread Fresh Orange-1 Milk-8 oz.	5 Cheese Pizza-1 Spinach-2 c. Fresh Pear-1 Milk-8 oz.
8 Macaroni and Cheese-1 Cauliflower Florets-1 c. Fresh Pear-1 Whole Grain Bread Milk-8 oz.	9 <b>TACO TUESDAY</b> Chicken Tacos w/ Shredded Cheddar Cheese-2 Refried Beans-1 c. W/G Soft Taco Shells-2 Fresh Orange-1/Milk-8 oz.	10 Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-1 c. Fresh Apple-1 Wheat Dinner Roll Milk-8 oz.	11 Breaded Chicken Fillet on a Wheat Bun-1 Broccoli Florets Fresh Banana-1 Milk-8 oz.	12 Cheese Pizza-1 Soft Diced Carrots-1 Fresh Orange-1 Milk-8 oz.
15 CLOSED	16 Swedish Turkey Meatballs-3 oz. Roasted Potato Medley-1 c. Fresh Orange-1 Wheat Dinner Roll Milk-8 oz.	17 Baked Ziti-5 oz. Cauliflower Florets Fresh Banana-1 Wheat Dinner Roll Milk-8 oz.	18 Beef Tacos w/ Shredded Cheddar Cheese-2 Refried Beans-1 c. W/G Soft Taco Shells-2 Fresh Pear-1 Milk-8 oz.	19 Cheese Pizza-1 Spinach-2 c. Fresh Banana-1 Milk-8 oz.
22 All Beef Hamburger on a Wheat Bun-1 Cauliflower Florets-1 c. Fresh Orange-1 Milk-8 oz.	23 <b>TACO TUESDAY</b> Chicken Tacos w/ Shredded Cheddar Cheese-2 Refried Beans-1 c. W/G Soft Taco Shells-2 Fresh Apple-1/Milk-8 oz.	24 Meatloaf w/ Ketchup-3 oz. Mashed Potatoes-1 c. Wheat Dinner Roll Fresh Pear-1 Milk-8 oz.	25 Turkey and Cheese on Whole Grain Potato Roll-1 Soft Diced Carrots-1 c. Fresh Banana-1 Milk-8 oz.	26 Cheese Pizza-1 Spinach-2 c. Fresh Orange-1 Milk-8 oz.
29 Chicken Parmigiana-3 oz. Butternut Squash-1 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	30 Beef Nachos with Cheddar Cheese Sauce-5 oz. Refried Beans-1 c. Whole Grain Scoop Tortilla Fresh Banana-1 Milk-8 oz.	31 Macaroni and Beef Spinach-1 c. Fresh Orange-1 Whole Grain Bread Milk-8 oz.		