



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Lunch includes:</b>				<b>1</b>	<b>2</b>	<b>3</b>
Fresh Fruit Salad Bar Organic Milk – 1% or Skim				<b>Winter Break</b>	<b>Winter Break</b>	
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	<b>Winter Break</b>	Black Bean and Brown Rice Bowl with Yumm! Sauce  GF	Stromboli- Pepperoni, Pesto or Plain	Sandwich Bar – Cheese, Hummus or PBJ	Stacked Enchiladas  GF	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	Mac and Cheese	Pinto Bean and Brown Rice Bowl with Yumm! Sauce  GF	Soft Tacos- Beef or Bean  GF	Sandwich Bar – Cheese, Hummus or PBJ	Baked Potato Bar Quinoa  GF	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	<b>No School</b>	Black Bean and Brown Rice Bowl with Yumm! Sauce  GF	Quesadilla – Smoked Salmon or Plain	Sandwich Bar – Cheese, Hummus or PBJ	Sushi Bowl  GF	
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
	Ramen Miso Soup with Tofu Roasted Potatoes	Pinto Bean and Brown Rice Bowl with Yumm! Sauce  GF	Spaghetti – with meat sauce or Parmesan	Sandwich Bar – Cheese, Hummus or PBJ	<b>No School</b>	<b>Lunch prices:</b> Reduced: \$0.40 K – 8: \$3.40 Non-student: \$5.00