




# ONE-TABLE

	Monday Jan 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
 <b>Comfort Kitchen</b>	No School	No School	Turkey Nachos. Baked Tofu Cheese Filled Breadsticks (v). Roasted Broccoli Sweet Yellow Corn	Chili con Carne w/Breadstick. Caprese Grilled Cheese Sandwich (v). Green Peas Crinkle Cut Fries	Breaded Fish Bites w/Dinner Roll. Broccoli & Cheese Baked Potato w/Dinner Roll (v). Blue Ribbon Slaw Roasted Broccoli
 <b>Grab n Go</b>			Turkey & Cheese Sandwich	Buffalo Chicken Wrap	Fiesta Salad w/Dinner Roll
<b>From the Garden</b>  <b>OFFERED DAILY</b> Non fat white milk Low-fat 1% white milk <b>DRESSINGS</b> Italian, Ranch, Ketchup, Mayo, Mustard	No School	No School	Orange Slices Frozen Blueberries Pinto Beans Super Salad	Fresh Apple Slices Mixed Fruit Salad Baby Carrots Super Salad	Orange Slices Applesauce Potato Salad Super Salad

All grain products are whole grain rich.  
 (v) denotes vegetarian choices (includes milk and eggs) and (ve) denotes vegan choices. Locally Sourced items offered daily. This menu is subject to change and based upon product availability.



**Comfort Kitchen**



**Grab n Go**



**From the Garden**

OFFERED DAILY

Non fat white milk  
Low-fat 1% white milk

**DRESSINGS**

Italian, Ranch, Ketchup, Mayo, Mustard

Monday Jan 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Cheese Pizza (v). Rainbow Chili w/Breadstick (v). Seasoned Potato Roasted Cauliflower	Spaghetti & Turkey Marinara. Cheese Quesadilla (v). Aztec Corn Salsa Parmesan Green Beans	Taco Mac & Cheese w/ Dinner Roll. Bean & Cheese Enchiladas (v). Mashed Potatoes Refried Beans	Spicy Chicken Sandwich. Fiesta Potato Breakfast Bowl w/Biscuit (v). Seasoned Carrot Coins Sweet Potato Fries	Taco Quesadilla. Fajita Vegetable Quesadilla (v). Mexican Corn Baked Beans
Chicken Caesar Wrap	Tuna Salad Sandwich	Crispy Chicken Salad w/Dinner Roll	Hummus Box (ve)	Turkey & Cheese Sub
Fresh Apple Slices Orange Slices Baby Carrots Super Salad	Banana Diced Peaches Chilled Peas Super Salad	Orange Slices Frozen Blueberries Red Pepper Strips Super Salad	Fresh Apple Slices Tangerine Roasted Chickpeas Super Salad	Orange Slices Applesauce Celery Sticks Super Salad

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**Comfort Kitchen**



**Corner Deli**



**From the Garden**

OFFERED DAILY

Non fat white milk  
Low-fat 1% white milk

**DRESSINGS**

Italian, Ranch, Ketchup, Mayo, Mustard

	Monday Jan 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
No School		Spaghetti & Turkey Marinara w/Garlic Knot. Grilled Cheese Sandwich (v). Parmesan Green Beans Sweet Potato Fries	Chicken Ramen Bowl. Bean & Cheese Nachos (v) or Turkey & Cheese Nachos. Broccoli & Carrots Baked Plantains	Breaded Chicken Drumstick w/Mac & Cheese. Veggie Tortellini w/Garlic Knot (v). Collard Greens Caesar Side Salad	Taco Pizza. Cheese Pizza (v). Roasted Broccoli & Red Peppers Mexican Roasted Corn
		Chef Salad w/Hard Boiled Egg	Chicken Caesar Salad w/Breadstick	Sunbutter & Jelly Sandwich (v)	Turkey & Cheese Sandwich
		Orange Slices Applesauce Fresh Broccoli Super Salad	Canned Pears Frozen Blueberries Baby Carrots Super Salad	Banana Orange Slices Celery Sticks Super Salad	Applesauce Mixed Fruit Salad Chilled Peas Super Salad

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**Comfort Kitchen**



**Grab n Go**

**From the Garden**



**OFFERED DAILY**

Non fat white milk  
Low-fat 1% white milk

**DRESSINGS**

Italian, Ranch, Ketchup, Mayo, Mustard

	Monday Jan 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Comfort Kitchen	Turkey Soft Tacos. Cheesy Breadstick w/Marinara (v). Garden Salad w/Ranch Refried Beans	Chicken Nuggets w/Breadstick. Macaroni & Cheese w/Breadstick(v). Sweet Potato Fries Citrus Glazed Carrots	French Toast Sticks w/Turkey Sausage Patty. Veggie Lo Mein w/Sweet & Sour Tofu (v). Roasted Bell Peppers & Onions Fiesta Potatoes	Taco Quesadilla. BBQ Sloppy Joe Sandwich(ve). Colorful Kale Salad Baby Carrots	No School
Grab n Go	Strawberry Banana Parfait (v)	Buffalo Chicken Wrap	Fiesta Salad w/Breadstick	Chicken Caesar Wrap	
From the Garden	Canned Pears Orange Slices Baby Carrots Super Salad	Fresh Apple Slices Baked Cinnamon Peaches Chilled Peas Super Salad	Applesauce Mixed Fruit Salad Mexican Roasted Sweet Potatoes Super Salad	Fresh Apple Slices Orange Slices Broccoli Slaw Super Salad	No School

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**Comfort Kitchen**



**Grab n Go**



**From the Garden**

**OFFERED DAILY**

Non fat white milk  
Low-fat 1% white milk

**DRESSINGS**

Italian, Ranch, Ketchup, Mayo, Mustard

Monday Jan 29	Tuesday 30	Wednesday 31	Thursday Feb 1	Friday 2
Jamaican Jerk Chicken w/Brown Rice. Grilled Cheese Sandwich (v). Sweet Plantains Baby Carrots	Taco Quesadilla. Baked Penne w/Breadstick (v). Parmesan Green Beans Tater Tots	Chicken Ramen Bowl. Baked Tofu & Fried Rice (v). Roasted Broccoli & Carrots Green Peas	Turkey Hot Dog. Lentil Dal w/Brown Rice (v). Roasted Cauliflower Oven Baked Fries	Beef Enchiladas. Cheese Pizza (v). Caesar Side Salad Mexican Black Beans
Fiesta Salad w/Breadstick	Hummus Box (ve)	Turkey & Cheese Sandwich	Pizza Bento Box	Chicken Caesar Salad w/Breadstick
Banana Applesauce Baby Carrots Super Salad	Canned Pears Apple Slices Tomato & Cucumber Salad Super Salad	Orange Slices Frozen Blueberries Asian Bean Salsa Super Salad	Frozen Blueberries Tangerine Blue Ribbon Slaw Super Salad	Orange Slices Mixed Fruit Salad Roasted Corn Super Salad

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