

# winter lunch menu } december 2019 january 2020 february 2020

monday

tuesday

wednesday

thursday

friday

**January 1, 2020**

Chipotle Lime Chicken  
*Chipotle Lime Tofu*  
Brown Rice  
Green Beans  
Fruit Salad

**January 2, 2020**

Turkey Sausage Patty  
*Veggie Sausage Patty*  
French Toast  
Broccoli  
Orange Slices

**January 3, 2020**

Los Cabos Bean & Cheese Burrito  
Steamed Carrots  
Apple Slices

**January 6, 2020**

Adobo Chicken  
*Adobo Tofu*  
Flour Tortilla  
Peas & Carrots  
Cantaloupe

**January 7, 2020**

Chicken 'Not So' Fried Rice  
*Tofu 'Not So' Fried Rice*  
Broccoli  
Pear Slices

**January 8, 2020**

Turkey Meatloaf  
*Veggie-loaf*  
WG Bread  
Roasted Sweet Potato  
Pineapple

**January 9, 2020**

Orange Chicken Breast  
*Orange Tofu*  
Brown Rice  
Cucumber  
Fruit Salad

**January 10, 2020**

Tortellini Marinara  
w/ Mozzarella  
Green Beans  
Orange Slices

**January 13, 2020**

Sweet & Sour Chicken  
*Sweet & Sour Tofu*  
WG Bread  
Peas  
Apple Slices

**January 14, 2020**

Penne Pasta Marinara  
Broccoli  
Fruit Salad

**January 15, 2020**

Beef Burger  
*Southwest Veggie Burger*  
WG Bun  
Mashed Potatoes  
Pineapple

**January 16, 2020**

Creamy Mac and Cheese  
Cucumber  
Pears

**January 17, 2020**

Fish Tenders  
*Veggie Nuggets*  
WG Bread  
Green Beans  
Orange Slices

**January 20, 2020**

Turkey Taco  
*Boca Taco*  
Flour Tortilla  
Butternut Squash  
Pear Slices

**January 21, 2020**

Ravioli Marinara  
w/ Mozzarella  
Broccoli  
Pineapple

**January 22, 2020**

Southwest Veggie Burger  
WG Bun  
Steamed Carrots  
Honeydew

**January 23, 2020**

BBQ Chicken  
*BBQ Tofu*  
WG roll  
Peas  
Cantaloupe

**January 24, 2020**

Chicken Nuggets  
*Veggie Nuggets*  
WG Bread  
Mashed Potatoes  
Apple Slices

**January 27, 2020**

Rotini Pasta  
Tomato Cream Sauce  
and Mozzarella Cheese  
Peas  
Pear Silces

**January 28, 2020**

Pizza Muffin w/Marinara  
Cucumbers  
Pineapple

**January 29, 2020**

Chipotle Lime Chicken  
*Chipotle Lime Tofu*  
Brown Rice  
Green Beans  
Fruit Salad

**January 30, 2020**

Turkey Sausage Patty  
*Veggie Sausage Patty*  
French Toast  
Broccoli  
Orange Slices

**January 31, 2020**

Los Cabos Bean & Cheese Burrito  
Steamed Carrots  
Apple Slices

