



Manzano Day School Lunch Menu for January 2019

Daily Lunch Choices are as follows:

- #1 - Hot or Sandwich Lunch
 - #2 - Salad, Soup or Cold Lunch
 - #3 - Vegetarian Bean & Cheese Burrito - Available Everyday
 - #4 - Extra Entree of Choice #1 - (cost is \$1.10 more)
- All Lunches include a Side, Veggies, Fresh Fruit and Milk

Rhubarb & Elliott

(V)=Vegetarian (D)=item contains dairy (N)=Nuts (F)=Fish/Shellfish (P)=Pork (GF)=Gluten Free or Bread Product can be Easily Avoided

Don't skip Breakfast! Available every morning from the GAC kitchen window~7:15 to 8:45

Monday	Tuesday	Wednesday	Thursday	Friday
R&E Info Bite: Happy 2019! It's time to start afresh: New opportunities, new habits, new adventures in real food... We invite you to try different items on our menu, cook a new recipe for your family or maybe have your children cook for you! Any way you start your new year, we'll be here for you, to ease your busy days and help keep your kids focused with our fresh made lunch choices everyday. Wishing you all a happy and healthy New Year!				
	1	2	3	4
7	8	9	10	11
Teacher Inservice	1) Cheese Quesadilla w/ Salsa Dip, Red Bell Pepper Slices, Whole Pinto Beans, Fruit (V) 2) 'Build your Own' Lunch w/ Roast Turkey & Cheese Cubes, Veggie Medley, Crackers, Fruit(GF)	1) BBQ Pulled Pork Sandwich, Mashed Potatoes, Celery Sticks w/Ranch Dip, Fruit(GF)(P) 2) Fruit/Yogurt Smoothie, Tortilla, Carrot & Celery Sticks w/ Sunflower Seed Butter Dip(V)(GF)	1) Spaghetti w/ Meat Sauce (V-Marinara), Steamed Broccoli, Fruit 2) Nori 'Burrito' Roll w/ Rice, Avocado, Cream Cheese, Carrots, Cucumber, Edamame, Fruit(V)(GF)	1) Cheese Pizza, Various Veggies w/Ranch Dipping Sauce, Fruit(V) 2) Asian Chicken 'Crunch' Salad w/ Cabbage, Peppers, Snap Peas, Crispy Chow Mien Noodles, Sesame Dressing, Fruit(GF)
14	15	16	17	18
1) 'Make your Own' Beef Tacos(V-Bean) w/ Cheese, Lettuce, Sweet Corn, Salsa, Fruit(GF) 2) Mediterranean Chop Salad w/ Feta, Veggies, Olives, Hummus & Pita Chips, Fruit (V)(GF)	1) Roast Beef Sandwich on French Bread, Carrot & Celery Sticks, Chips, Fruit 2) Tomato Vegetable Soup w/ Alphabet Noodles, Cheese Toast, Fruit (V)	1) Baked Potato w/ Cheese, Bacon (on the side), Steamed Broccoli, Fruit(GF) 2) Chicken Noodle Soup, Homemade Banana Bread Square, Whole Fruit	1) Teriyaki Chicken (V-Tofu) w/ Steamed Rice, Snap Peas, Fruit, Fortune Cookie 2) Fruit Salad, Vanilla Yogurt, Homemade Granola(N), Turkey Breakfast Sausage	1) Cheese Pizza, Various Veggies w/Ranch Dipping Sauce, Fruit(V) 2) Chef Salad w/ Ham & Cheese Cubes, Hardboiled Egg, Veggies, Crackers, Ranch Dressing, Fruit(V)(P)
21	22	23	24	25
Martin Luther King Jr. Day No School	1) Hamburger (V-Garden Burger), Lettuce, Tomato, Oven French Fries, Fruit (GF) 2) Plain Bagel w/ Side of Cream Cheese, Hard Boiled Egg, Tomatoes & Cucumbers, Fruit	1) Penne Pasta Bake w/ Marinara & Mozzarella Cheese, Steamed Broccoli, Fruit(V) 2) Hearty Beef Stew(GF) w/ Potatoes, Carrots & Peas, Soft Dinner Roll, Whole Fruit	1) Chili Con Carne 'Frito'Pie' (V-Chili) w/ Cheese, Shredded Lettuce, Frito Corn Chips, Fruit(GF) 2) Fruit/Yogurt Smoothie, Tortilla, Carrot & Celery Sticks w/ Sunflower Seed Butter Dip(V)(GF)	1) Cheese Pizza, Various Veggies w/Ranch Dipping Sauce, Fruit(V) 2) Chicken Cesar Salad w/ Parmesan Cheese, Cherry Tomatoes, Homemade Croutons, Fruit (F)(GF)
28	29	30	31	
1) Tostado 'Scoopers' w/ Refried Pinto Beans, Rice, Cheese, Lettuce, Black Olives, Salsa, Fruit(V)(GF) 2) 'Build your Own' Lunch w/ Roast Turkey & Cheese Cubes, Veggie Medley, Crackers, Fruit(GF)	1) 100% Beef Hot Dog in Scratch made Blanket, Veg. Baked Beans, Carrots & Pickle, Fruit 2) Fruit Salad, Vanilla Yogurt, Homemade Granola(N), Turkey Breakfast Sausage	1) Spaghetti w/ Meat Sauce (V-Marinara), Steamed Broccoli, Fruit 2) Vegetarian Chili w/ Sour Cream Dollop, Homemade Cornbread, Honey, Fruit(V)	1) Chicken Pot Pie w/ Potatoes, Sweet Peas & Carrots, Buttermilk Biscuit, Fruit(GF) 2) Rotini Pasta Salad w/ Parmesan Cheese, Garbanzo, Broccoli & Cherry Tomato Side Salad, Fruit(V)	