



# January 2019 - Menus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>EEC Lunch</b> <i>MENUS ARE SUBJECT TO CHANGE</i>				
12-31	1-1 <b>NEW YEAR'S DAY HOLIDAY</b>	1-2 Café LA Burger Waffle Fries Fruit Got Milk	1-3 Whole Grain Pepperoni Pizza Fresh Garden Salad Fruit Cup Got Milk	1-4 Mama's Meatball Sub Classic Tuna Sandwich Roasted Potato Wedges Frozen Juice Cup Got Milk
1-7 Fiesta Omelet -V Southern Buttermilk Biscuit Mini Potato Tots Fruit Got Milk	1-8 Chicken Tenders Fresh Garden Salad Fruit Got Milk	1-9 Whole Grain Pepperoni Pizza Cooked Baby Carrots Fruit Cup Got Milk	1-10 Smokin BBQ Rib Sandwich Roasted Potato Wedges Fruit Got Milk	1-11 Teriyaki Beef Dipper Rice Bowl Broccoli Buds Frozen Juice Slush Got Milk
1-14 Bean & Cheese Pupusa Crinkle Cut Potatoes Fruit Got Milk	1-15 Chicken Tenders Fresh Garden Salad Fruit Got Milk	1-16 Taco Bean Dip Artisan Roll Cooked Baby Carrots Fruit Got Milk	1-17 Crispy Chicken Filet Sandwich Creamy Mashed Potatoes Fruit Cup Got Milk	1-18 Café LA Burger Waffle Fries Frozen Juice Cup Got Milk
1-21 <b>DR. MARTIN L. KING BIRTHDAY HOLIDAY</b>	1-22 Whole Grain Chicken Pepperoni Pizza Cooked Baby Carrots Fruit Got Milk	1-23 Beefy Bean Burrito Fresh Garden Salad Fruit Got Milk	1-24 Crispy Chicken Filet Sandwich Waffle Fries Fruit Cup Got Milk	1-25 Tangerine Chicken & Fried Rice Bowl Broccoli Buds Frozen Juice Slush Got Milk
1-28 Whole Grain Deep Dish Cheese Pizza -V Cooked Baby Carrots Fruit Got Milk	1-29 Mama's Meatball Sub Crinkle Cut Potatoes Fruit Got Milk	1-30 Philly Cheese Steak Sandwich Fiesta Pinto Beans Fruit - S Got Milk	1-31 Salisbury Steak Mashed Potatoes Fruit Cup Got Milk	

**All of the Grain/Bread items served are Whole Grain Rich.**

Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free

**V:** Vegetarian items

\*\*Farm Fresh Fruits: Apple, Orange, Banana

Daily Vegetarian Options: Deli Cheese Sandwich, Toasted Cheese Sandwich

Posted 12/13/18