

## A YUMMY JANUARY ORGANIC & NATURAL LUNCH MENU FOR True North Classical Academy

\*Daily Beverage Options Are: 1% Milk and Nonfat Chocolate Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
			<b>Option #1:</b> Lean Beef Burger, Baked Tater Tots, Fresh Fruit  <b>Option #2:</b> Mac & Cheese, Roasted Sweet Peas, Fresh Fruit	<b>Option #1</b> Cheese Pizza (1 slice), Celery Sticks w/Dip, Fresh Fruit
11	12	13	14	15
<b>Option #1:</b> Pasta w/alla Rosa Sauce & Chicken, Roasted Kale & White Beans w/Garlic, Fresh Fruit	<b>Option #1:</b> Cheese Lasagna, Roasted Sweet Peas, Fresh Fruit  <b>Option #2:</b> Breakfast for Lunch—Egg & Cheese Bagel, Lyonnaise Potatoes, Fresh Fruit	<b>Option #1:</b> Ropa Vieja, Black Beans, Brown Rice, Fresh Fruit  <b>Option #2:</b> Grilled Cheese, Steamed Edamame, Fresh Fruit	<b>Option #1:</b> Baked & Breaded Fish Sticks w/Slaw, WW Roll, Roasted Sweet Potato Wedges, Fresh Fruit  <b>Option #2:</b> Mac & Cheese, Roasted Sweet Potato Wedges, Fruit	<b>Option #1</b> Cheese Pizza (1 slice), Cucumbers, Grape Tomatoes w/Dip, Fruit
18	19	20	21	22
<b>School Closed</b>	<b>Option #1:</b> Lean Beef & Cheese Burrito (w/Brown Rice inside), Brown Rice, Black Beans, Fresh Fruit  <b>Option #2:</b> Baked Cheese Tortellini, Steamed Edamame, Fresh Fruit	<b>Option #1:</b> Chicken Piccata w/WW Roll, Roasted Potato Wedges, Fresh Fruit  <b>Option #2:</b> Grilled Cheese, Roasted Potato Wedges, Fresh Fruit	<b>Option #1:</b> Turkey Po' Boy Sandwich, Honey Vanilla Glazed Carrots, Fresh Fruit  <b>Option #2:</b> Mac & Cheese, Honey Vanilla Glazed Carrots, Fresh Fruit	<b>School Closed</b>
25	26	27	28	29
<b>Option #1:</b> Pasta w/Lean Beef Meatballs & Tomato Sauce, Roasted Sweet Peas, Fresh Fruit	<b>Option #1:</b> Chimichurri Chicken, Spanish Rice, Mexican Skillet Veggies (Zucchini, Squash, Onions, Mushrooms), Fresh Fruit	<b>Option #1:</b> Philly Cheesesteak, Roasted Broccoli, Fresh Fruit  <b>Option #2:</b> Grilled Cheese, Roasted Broccoli, Fresh Fruit	<b>Option #1:</b> Mojo Grilled Chicken w/Baja Black Bean Salsa, Saffron Rice, Black Beans, Fresh Fruit  <b>Option #2:</b> Mac & Cheese, Steamed Edamame, Fresh Fruit	<b>Option #1</b> Cheese Pizza (1 slice), Carrots, Grape Tomatoes & Dip, Fresh Fruit