

A YUMMY JANUARY 2020 ORGANIC & NATURAL LUNCH MENU FOR TRUE NORTH CLASSICAL ACADEMY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p> <p>Option #1: Chicken Cacciatore w/Pasta, Roasted Herbed Butternut Squash, Fresh Fruit</p>	<p>7</p> <p>Option #1: Turkey Tacos, Brown Rice, Black Beans, Fresh Fruit</p>	<p>8</p> <p>Option #1: Honey Soy Glazed Chicken w/Lo Mein Noodles, Asian Style Broccoli w/Red Peppers, Fruit</p> <p>Option #2: Grilled Cheese, Asian Style Broccoli w/Red Peppers, Fruit</p>	<p>9</p> <p>Option #1: Lean Beef Burger, Roasted Sweet Peas, Fresh Fruit</p> <p>Option #2: Mac & Cheese, Roasted Sweet Peas, Fresh Fruit</p>	<p>10</p> <p>PIZZA DAY</p> <p>Option #1: Cheese Pizza (1 slice), Carrots & Dip, Fresh Fruit</p>
<p>13</p> <p>Option #1: Baked Chicken Nuggets, Sauteed Kale & White Beans, WW Roll, Fresh Fruit</p>	<p>14</p> <p>Option #1: Cheese Lasagna, Steamed Edamame, Fresh Fruit</p>	<p>15</p> <p>Option #1: Ropa Vieja, Baked Plantains, Brown Rice, Fresh Fruit</p> <p>Option #2: Grilled Cheese, Baked Plantains, Fresh Fruit</p>	<p>16</p> <p>Option #1: Baked & Breaded Fish Sticks w/Slaw, WW Roll, Roasted Potato Wedges, Fresh Fruit</p> <p>Option #2: Mac & Cheese, Roasted Sweet Potato Wedges, Fresh Fruit</p>	<p>17</p> <p>PIZZA DAY</p> <p>Option #1: Cheese Pizza (1 slice), Carrots & Dip, Fresh Fruit</p>
<p>20</p> <p>NO School</p>	<p>21</p> <p>Option #1: Baked Cheese Tortellini, Steamed Edamame, Fresh Fruit</p>	<p>22</p> <p>Option #1: Chicken Piccata w/Pasta, Roasted Broccoli w/Shallots, Fresh Fruit</p> <p>Option #2: Grilled Cheese, Roasted Broccoli w/Shallots, Fresh Fruit</p>	<p>23</p> <p>Option #1: Turkey & Swiss Melt, Roasted Sweet Potato Wedges, Fresh Fruit</p> <p>Option #2: Mac & Cheese, Roasted Sweet Potato Wedges, Fresh Fruit</p>	<p>24</p> <p>PIZZA DAY</p> <p>Option #1: Cheese Pizza (1 slice), Carrots & Dip, Fresh Fruit</p>
<p>27</p> <p>Option #1: Pasta w/Lean Beef Meatballs & Tomato Sauce, Roasted Sweet Peas, Fresh Fruit</p>	<p>28</p> <p>Option #1: Chimichurri Chicken, Spanish Rice, Mexican Skillet Veggies (Zucchini, Squash, Onions, Mushrooms), Fruit</p>	<p>29</p> <p>Option #1: Philly Cheesesteak, Roasted Sweet Potato Wedges, Fresh Fruit</p> <p>Option #2: Grilled Cheese, Roasted Sweet Potato Wedges, Fresh Fruit</p>	<p>30</p> <p>Option #1: Mojo Grilled Chicken w/Baja Black Bean Salsa, Sauteed Broccoli w/Garlic & Shallots, Fresh Fruit</p> <p>Option #2: Mac & Cheese, Sauteed Broccoli w/Garlic & Shallots, Fresh Fruit</p>	<p>31</p> <p>PIZZA DAY</p> <p>Option #1: Cheese Pizza (1 slice), Carrots & Dip, Fresh Fruit</p>