



# Lunch

Daily salad bar and fresh fruit. The salad bar typically includes green leaf lettuce, grape tomatoes, red peppers, broccoli, cucumber, baby carrots, hard-boiled egg, grilled chicken, croutons, yogurt, and a variety of salad dressings. Beverages include: 2% milk, cranberry juice and water



Monday 1/19

1/2 Day No Lunch

Tuesday 1/20

American goulash  
& dinner roll

Wednesday 1/14

Chicken Parm sandwiches

Thursday 1/15

Grilled Cheese & tomato soup

Friday 1/16

chicken stir fry with rice &  
dumplings.

**V**-Vegetarian

**GF**-Gluten

**DF**-Dairy Free

