

January

2019

Mother & Daughter CNC

Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		± Closed/Holiday	2 Salmon /Grilled Veggies/Fresh Fruit/Milk/Water	3 House Made Pizza/Spaghetti/Salad/Milk/Water	4 Baked Chicken/Whole potatoes/Steamed Green beans/whole wheat bread/milk	5 Tuna Sandwich/Raw Carrots/Apple Slices/Wheat Bread/Milk
6 Closed	7 Cornbeef/mashed cauliflower/ apple slices/Milk/water	8 Chicken Noodle Soup/Crackers/Fresh Fruit/Milk/Water	9 Spaghetti w/meat sauce/ mixed veggies/ Fresh Fruit/Milk/ Water	10 Chicken Alfredo/ Steamed Broccoli/ Fresh Pineapple/Milk/Water	11 Tuna Wraps/Pita Chips/Half Banana/Milk/Water	12 Chicken stir-fry/broccoli/buttered biscuits/Milk
13 Closed	14 Baked Chicken/ green beans/Fresh Fruit/Milk Water	15 Beef Burger/Fries/apple/milk	16 Fried Fish/grilled vegetables/orange slice/ wheat bread/milk	17 Chicken Sandwich/grilled corn/Pineapples/Milk	18 Cold Cut Turkey Sandwich/ Veggie Chips/Fruit Cup/Milk/Water	19 Pizza bagel/carrots/Strawberries/Milk
20 Closed	21 Beef stir fry/brown rice/veggies/peaches/Milk/Water	22 Chicken fajitas/grilled veggies/bread buns/milk/Water	23 Lemon zest chicken breast/green beans/pineapple/milk/	24 Beef Nachos/Refried beans/mangos/milk water	25 Chicken Stir Fry/Corn/Pears/Wheat Bread/Milk	26 Lasagna/cucumber& tomato salad/wheat bread/blueberries/milk/ water
27 Closed	28 Grilled Chicken Thighs/Grilled Veggies/Orange Slice/Milk	29 Grilled Steak/brown rice/wheat rolls/ fruit cup/milk/water	30 Beef fajitas/grilled corn/mangos/wheat wraps/	31 Peanut Butter & Jelly Sandwich/ Raw Carrots/Blueberries		
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