

January

Lunch Gluten-Free

Monday	Tuesday	Wednesday	Thursday	Friday
1 Holiday No School	2 Chicken Curry w/ Rice (GF)	3 Lentil & Chickpea Balls w/ Mashed Potatoes (GF, VEG, & V)	4 Chicken Quesadilla (GF)	5 Mexican Lasagna w/ Beef (GF)
8 Mac & Cheese w/ GF Pasta & GF Sauce (GF & VEG)	9 Chicken Taco (GF)	10 Beef Chili w/ GF Bread (GF)	11 Cheesy Rice Bake w/ Beef (GF)	12 BBQ Chicken Sandwich on GF Bread (GF)
15 Holiday No School	16 Cajun Rice & Beans w/ Beef (GF)	17 Chicken Teriyaki w/ Rice (GF)	18 Grilled Cheese on GF Bread (GF & VEG)	19 Cheeseburger w/ GF Bread (GF)
22 Turkey Tetrazzini w/ GF Pasta (GF)	23 Bean & Cheese Quesadilla (GF & VEG)	24 Lemon Pepper Chicken & Rice (GF)	25 Sloppy Joes w/ Turkey on GF Bread (GF)	26 Vegetable Beef Soup (GF)
29 Chicken Alfredo w/ GF Pasta (GF)	30 Hush Puppies w/ Chickpeas & Ketchup (GF, VEG, V)	31 Chicken Stir-Fry (GF)	1 Pasta w/ Beef Bolognese Sauce (GF)	2 Chicken Tenders (GF)

All lunches are served with fresh fruit and vegetables.

GF = Gluten-Free

VEG = Vegetarian

DF = Dairy-Free

V = Vegan

