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Ask yourself if you would want  
your Grandma to read your post.

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**EVERYDAY CHOICES**

- Turkey Sub
- Chef Salad
- Julienne Salad
- Yogurt Parfait
- w\ Dinner Roll & Cinnamon Granola
- Hummus Lunch**
- w\ Flatbread, Celery & Carrots



**EVERYDAYCHOICES**

**Pepperoni and Cheese Pizza**

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**SIDES OFFERED DAILY WITH LUNCH CHOICES**

Locally Grown Seasonal Fresh Fruit and Vegetables, plus Apples, Oranges, Canned Fruit, Garden Salad Greens  
& Low Fat 1% White, Fat Free Chocolate or Skim Milk

	<p>1/1 <b>Happy New Year!</b></p>	<p>1/2 <b>Chicken Nuggets</b> w/ Seasoned Noodles  <i>Baked Oven Fries or Fresh Cucumber Slices</i></p>	<p>1/3 <b>Taco in a Bag</b> w/ Seasoned Rice  <i>Vegetarian Beans or Steamed Broccoli</i></p>	<p>1/4 <b>Cheesy Breadsticks</b> w/ Dipping Sauce  <i>Steamed Carrots or Brussel Sprouts</i></p>
<p>1/7 <b>Chicken Parmesan Sandwich</b> <i>Sweet Peas or Roasted Cauliflower</i></p>	<p>1/8 <b>Sweet &amp; Sour Chicken</b> Served over Rice <i>Vegetarian Beans or Steamed Broccoli</i></p>	<p>1/9 <b>Pancakes</b> w/Warm Maple Syrup w/ Turkey Sausage Patties <i>Baked Oven Fries or Steamed Carrots</i></p>	<p>1/10 <b>Baked Chicken Dinner</b> w/ Whole Grain Biscuit  <i>Mashed Potatoes and Corn Niblets</i></p>	<p><b>National Milk Day</b> 1/11 <b>Broccoli Chicken Alfredo</b> w/ Garlic Bread  <b>Sugar Cookie &amp; Milk</b> <i>Romaine Side Salad or Green Beans</i></p>
<p>1/14 <b>Basket of Favorites</b> <i>(Chicken Nuggets &amp; Cheese Sticks) Steamed Carrots or Celery Sticks</i></p>	<p>1/15 <b>Spaghetti &amp; Meat sauce</b> w/ 1 Garlic Bread <i>Romaine Salad or Mixed Vegetables</i></p>	<p>1/16 <b>Philly Beef Sub</b>  <i>Baked Tater Tots or Fresh Cucumber Slices</i></p>	<p>1/17 <b>Cheeseburger</b>  <i>Vegetarian Beans or Golden Corn Niblets</i></p>	<p>1/18 <b>Asian Rice Bowl</b>  <i>Steamed Carrots or Steamed Broccoli</i></p>
<p>1/21 <b>Martin Luther King Day</b> </p>	<p>1/22 <b>Nachos Grande</b> w/ Turkey Taco Meat &amp; Nacho Cheese <i>Romaine Salad or Steamed Carrots</i></p>	<p>1/23 <b>Cinnamon Sticks</b> w/ Turkey Sausage Patties <i>Baked Oven Fries or Celery Sticks</i></p>	<p>1/24 <b>Soft Shell Tacos</b> w/ Turkey Taco Meat &amp; Cheese  <i>Vegetarian Beans or Golden Corn Niblets</i></p>	<p>1/25 <b>Beef &amp; Cheese Quesadilla</b>  <i>Butternut Squash or Green Beans</i></p>
<p>1/28 <b>Sloppy Joe on a Bun</b>  <i>Steamed Broccoli or Celery Sticks</i></p>	<p>1/29 <b>Popcorn Chicken Bowl</b> w/ Mashed Potatoes  <i>Golden Corn Niblets or Green Beans</i></p>	<p>1/30 <b>French Toast Sticks</b> w/Warm Maple Syrup w/ Turkey Sausage Patties  <i>Baked Oven Fries or Romaine Side Salad</i></p>	<p>1/31 <b>Grilled Cheese Sandwich</b>  <i>Tomato Soup and Carrots</i></p>	