

FAMILY MEAL

Monday January 19th

No School

Tuesday January 20th

Beef Stew

Buttered Egg Noodles

Green Beans

***Contains: Gluten, Dairy**

Wednesday January 21st

Blackened Chicken Tacos

Calabacitas (Mexican Squash)

Spiced Pinto Beans

***Contains: Gluten**

Thursday January 22nd

Mediterranean Turkey Bowl

Tomatoes, Cucumbers, Bell Peppers, Onions

Lemon Rice

***Contains: Gluten, Dairy**

Friday January 23rd

Chicken Parmesan

Linguini Marinara

Whole Wheat Roll

***Contains: Gluten, Dairy**