

# **FAMILY MEAL**

## **Monday January 19<sup>th</sup>**

No School

## **Tuesday January 20<sup>th</sup>**

*Beef Stew*

*Buttered Egg Noodles*

*Green Beans*

***\*Contains: Gluten, Dairy***

## **Wednesday January 21<sup>st</sup>**

*Blackened Chicken Tacos*

*Calabacitas (Mexican Squash)*

*Spiced Pinto Beans*

***\*Contains: Gluten***

## **Thursday January 22<sup>nd</sup>**

Mediterranean Turkey Bowl

Tomatoes, Cucumbers, Bell Peppers, Onions

Lemon Rice

***\*Contains: Gluten, Dairy***

## **Friday January 23<sup>rd</sup>**

Chicken Parmesan

Linguini Marinara

Whole Wheat Roll

***\*Contains: Gluten, Dairy***