


January 2020 SD61 Craigflower Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 	2	3	4
5	6 Macaroni and Cheese Grapes Raw Broccoli	7 Vegetarian Chili and Cornbread Red Delicious Apple Carrot Sticks	8 Meatball Sub Cracked Wheat Bun Banana Cucumber	9 Southwest Chicken WW Burrito w/ Salsa Vanilla Yogurt and Granola Fruit or Veg	10 Cheese Perogies with sour cream Caesar Salad Raw Vegetables	11
12	13 Whole Wheat Pasta and Beef Bolognese sauce Vanilla Yogurt and Granola Fruit or Veg	14 Beef Burger Cracked Wheat bun Leaf Lettuce Red Delicious Apple Carrot Sticks	15 Chicken Nuggets Caesar Salad Cantaloupe Slices	16 Pepperoni and Cheese WW Calzone Golden Delicious Apple Raw Broccoli	17 Chicken Pot Pie Carrot sticks Fruit or Veg	18
19	20 Macaroni and Cheese Grapes Raw Broccoli	21 Chicken Burger Cracked Wheat Bun Red Delicious Apple Carrot Sticks	22 Sweet & Sour Meatballs Brown rice and Vegetables Banana Fruit or Veg	23 Bean and Cheese Quesadilla with Salsa Fresh Cut Fruit Salad Extra Fruit Salad	24 Sloppy Joe w/ shred cheese On Cracked Wheat Bun Golden Delicious Apple Watermelon Slices	25
26	27 Beef Dip Caesar Salad Fruit or Veg	28 Hot Dog Day! Cracked Wheat bun Red Delicious Apple Melon Slices	29 Chicken fricassee Brown Rice Banana Fruit or Veg	30 Lasagna Vanilla Yogurt and Granola Raw Vegetables	31 Chicken Stir Fry w/ Honey garlic sauce Chow Mein noodles Caesar Salad Raw Broccoli	