



JANUARY | 2017

CGLA Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Winter Break	3 Winter Break	4 Whole grain ham sandwiches Salad Bar Fresh Fruit Pretzels Cookie Milk	5 Whole Grain Cheese Sticks Marinara Sauce Salad Bar Fresh Fruits Milk	6 Salisbury steak Peas Whole Grain Roll Salad Bar: Spring Mix/Spinach Fresh Fruit Milk
9 Whole Grain Grilled Cheese Sandwich Salad Bar Fresh Fruit Milk	10 Whole Grain Turkey Pepperoni Stuffed Crust Pizza Salad Bar Fresh Fruit Milk	11 Whole Grain Soy butter and Jam Sandwiches Salad Bar Fresh Fruit Whole Grain Sun Chips Milk	12 Hamburgers with all the fixings Salad Bar Black Bean and Corn Salsa Fresh Fruit	13 Chicken Quesadilla Celery and Carrot Sticks Ranch Cup Fresh Fruit Salad Bar Milk
16 Whole Grain Breaded Buffalo Chicken Sandwich Celery and Carrots Sticks Salad Bar Fresh Fruit Milk	17 Whole Grain Pizza Salad Bar Fresh Fruit 100% Juice Sidekicks Milk	18 Whole grain turkey sandwiches Salad Bar Fresh Fruit Pretzels Cookie Milk	19 Whole Grain Cheese Sticks Marinara Sauce Salad Bar Fresh Fruits Milk	20 Salisbury steak Peas Whole Grain Roll Salad Bar: Spring Mix/Spinach Fresh Fruit Milk
23 Whole Grain Grilled Cheese Sandwich Salad Bar Fresh Fruit Milk	24 Whole Grain Turkey Pepperoni Stuffed Crust Pizza Salad Bar Fresh Fruit Milk	25 Whole Grain Soy butter and Jam Sandwiches Salad Bar Fresh Fruit Whole Grain Sun Chips Milk	26 Hamburgers with all the fixings Salad Bar Black Bean and Corn Salsa Fresh Fruit	27 Chicken Quesadilla Celery and Carrot Sticks Ranch Cup Fresh Fruit Salad Bar Milk
30 Whole Grain Breaded Buffalo Chicken Sandwich Celery and Carrots Sticks Salad Bar Fresh Fruit Milk	31 Whole Grain Pizza Salad Bar Fresh Fruit 100% Juice Sidekicks Milk			

News

Milk Offered:
1% Unflavored Milk
0% Chocolate Milk

Water is offered during Lunch time

Condiments are offered with each lunch meal:
Ketchup
Lite Mayonnaise
Mustard
Tartar Sauce
Cocktail Sauce
Barbecue Sauce
Ranch
Honey Mustard