

# January 2024 (SEED SCHOOL)

Monday	Tuesday	Wednesday	Thursday
<b>8</b>  <b>CHICKEN TENDERS</b> <b>FRENCH FRIES</b> <b>HONEY CARROTS</b> <b>*Spaghetti Marinara with Corn</b>	<b>9</b>  <b>SPAGHETTI W/ MEAT SAUCE</b> <b>CORN ON COBB</b> <b>GARLIC BREAD</b> <b>*Sweet &amp; Sour Tofu with Vegetable Fried Rice</b>	<b>10</b>  <b>JAMBALAYA</b> <b>*Veggie Burger</b> <b>Black Bean</b>	<b>11</b>  <b>CURRY CHICKEN</b> <b>WHITE RICE</b> <b>CARROTS</b> <b>*Balsamic Grilled Vegetables w/ Brown Rice</b>
<b>15</b>  <b>NO DINNER</b>  <b>MLK DAY</b>	<b>16</b>  <b>SHRIMP SCAMPI OVER PASTA</b> <b>* VEGETABLE LASAGNA</b>	<b>17</b>  <b>CURRY CHICKEN</b> <b>WHITE RICE</b> <b>CARROTS</b> <b>*Balsamic Grilled Vegetables w/ Brown Rice</b>	<b>18</b>  <b>CAJUN CHICKEN PASTA</b> <b>ROASTED CARROTS</b> <b>GARLIC BREAD</b> <b>* VEGETABLE LASAGNA</b>
<b>22</b>  <b>CHEESEBURGERS</b> <b>FRENCH FRIES</b> <b>*Veggie Burger</b> <b>Black Bean</b>	<b>23</b>  <b>CRISPY CHICKEN SANDWICH</b> <b>TATER TOTS</b> <b>MIXED VEGGIES</b> <b>*Veggie Burger</b> <b>Black Bean</b>	<b>24</b>  <b>TEMPURA SWEET &amp; SOUR CHICKEN</b> <b>HOUSE SPECIAL FRED RICE</b> <b>*Sweet &amp; Sour Tofu with Vegetable Fried Rice</b>	<b>25</b>  <b>NO DINNER –</b> <b>Student's Check Out</b>
<b>29</b>  <b>BUFFALO CHICKEN WINGS</b> <b>FRENCH FRIES</b> <b>HONEY CARROTS</b> <b>*Sweet &amp; Sour Tofu with Vegetable Fried Rice</b>	<b>30</b>  <b>JERK PORK LOIN</b> <b>YELLOW RICE</b> <b>GREEN BEANS</b> <b>* S&amp;S Tofu w/ Brown Rice</b>	<b>31</b>  <b>SPECIAL DINNER</b>	

## Notes:

### Salad Bar

To include 2 different type of lettuce, Tomato, Cucumber, Shredded Cheese and Onions etc.

### Daily Soups

To include but not limited to: Broccoli and Cheese, Tomato Soup, Chicken Noddle, Black Bean, Vegetable Soup and minestrone etc.

Include dinner rolls / garlic rolls

Dessert daily: cake, whole fruit, granola bars

Include sauces hot sauce, ranch, salt and pepper