

# JANUARY 2012

## Healthy Lunch Menu

*\*Vegetarian Menu*

### Monday

Chicken Nuggets  
served with rice and carrots

*\*Veggie Burger*

### Tuesday

Spaghetti & Tomato Sauce  
served with green salad and garlic bread

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### Wednesday

Beef & Vegetable Stew served with rice

*\*Vegetable Stew*

### Thursday

Chicken & Rice  
served with broccoli

*\*Spinach Nuggets*

### Friday

Grilled Cheese & Ham Sandwich  
served with fresh fruit of the day

*\*Grilled Cheese Sandwich*



*Lunch is accompanied by milk and water.  
The lunch menu is subject to change due to availability.*