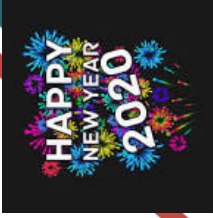




JANUARY | 2020

St. Rose of Lima School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	Christmas Break	31	Christmas Break	1	Happy New Year <i>Meal Prices:</i> Breakfast: \$1.60 Red Price \$.30 Lunch: \$2.85 Red Price \$.40 PK Breakfast: \$1.40 PK Lunch: \$2.60 A la Carte Milk \$.50	2	Christmas Break	3	Christmas Break		
6	Welcome Back! Chicken Drumstick/Roll Mashed Potatoes/Gravy Green Beans Romaine Salad/Salad Bar Fruit Milk Entrée Opt: Ham & Cheese Sub	7	Taco Tuesday Beef Taco & Nachos Salsa/Toppings Bar Chili-style Beans South of the Border Fruit Milk Entrée Option: Taco Salad w/ Baked Scoops	8	Around the World Wednesday Big Daddy's Pizza Marinara Dipping Sauce Romaine Salad/ Salad Bar Frozen Fruit Milk Entrée Option: Turkey Sub	9	Sandwich Thursday Chicken Patty on Bun Toppings Bar Seasoned Corn Sweet Potato Fries Fruit and Milk Entrée Option: Buffalo Chicken Wrap	10	Top it Your Way Friday Baked Potato w/ Choice of Toppings Bread Slice Fruit/Yogurt/Dairy Bar Steamed Broccoli Milk Entrée Option: PJB Uncrustable		
13	Hoosier Favorites Monday Homemade Beef and Noodles Roll w/ butter Seasoned Corn Romaine Salad/ Salad Bar Fruit and Milk Entrée Option: Turkey Club Wrap	14	Taco Tuesday Chicken Fajita/Toppings Bar Black Beans Mexican Rice South of the Border Fruit Milk Entrée Option: Fajita Chicken Salad	15	Around the World Wednesday Teriyaki Chicken w/ Rice & Naan Bread Stir Fry Veggies w/ Broccoli Romaine Salad/ Salad Bar Mandarin Oranges & Pineapple Milk Entrée Option: Italian Sub	16	Sandwich Thursday Hamburger on Bun Toppings Bar, Relishes Baked Beans Fruit and Milk Entrée Option: Turkey and Cheese Stackable	17	Meat Free Friday Penne Pasta w/ Marinara Sauce &/or Alfredo Sauce Bosco Cheese Filled Breadstick Romaine Salad/ Salad Bar Fruit Milk Entrée Option: PBJ Uncrustable		
20	Martin Luther King Day No School	21	Taco Tuesday Homemade Chili Soup w/ Cornbread and Toppings Bar Relishes/Dip Fruit Milk Entrée Option: Taco Salad w/ Baked Scoops	22	Around the World Wednesday Lasagna Roll-up w/ Meat Sauce Garlic Toast Romaine Salad/Salad Bar Fruit Milk Entrée Option: Turkey Sub	23	Sandwich Thursday Turkey Manhattan w/ Bread Slice, Mashed Potatoes & Gravy Green Beans Fruit Milk Entrée Option: Buffalo Chicken Wrap	24	Meat Free Friday Grilled Cheese Sandwich Tomato or Vegetable Soup Baked Beans Romaine Salad/ Salad Bar Fruit Milk Entrée Option: PBJ Uncrustable		
27	Catholic Schools Week Pajama Day French Toast Sticks Scrambled Eggs/Sausage Link Hash Brown Patty Tomato Slices 100% Fruit Juice Milk	28	Hoosier Favorites Spaghetti w/ Meat Sauce Breadstick Romaine Salad/Salad Bar Fruit Milk Entrée Option: Turkey Club Wrap	29	CSW-Sports Team Day Pepperoni Calzone w/ Marinara Sauce Romaine Salad /Salad Bar Fruit Milk Entrée Option: Italian Sub	30	Sandwich Thursday Grilled Chicken Club Sandwich Baked Beans Relishes/Dip Try-It: Vegetable Soup Fruit & Milk Entrée Option: Turkey & Cheese Stackable	31	"Souper" Bowl Spirit Day Bean & Cheese Soft Taco Tortilla Chips w/ Pico de Gallo Tortilla Soup Mexican Corn Romaine Salad Bar "Blue and Gold" Fruit & Milk Entrée Option: PBJ Uncrustable		

Food for Thought
New foods keep what we eat interesting. Here are just a few from the past decade:

Quinoa

A grain high in protein and gluten free.

Avocado Toast

Just a smear gives toast a new & healthy taste.

Plant based foods

Nuts, whole grains, vegetables, beans and fruits promise better health. Give the plant hamburger a try!

Vegan spreads

Try hummus with veggies.

Probiotics

The "good bacteria" to keep our immune system and gut healthy; yogurt, kfir, kimchi, kombucha, pickles

Non-dairy milk alternatives

Soy milk and almond milk; but dairy farmers say "milk" only comes from a cow.

Sparkling waters

The good news is they are replacing sugar-laden sodas

Take pictures of your food. Share away the yummy and nutritious food you are preparing!

Try something "new" this year!