



# January 2017

## FOOTHILLS LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WINTER BREAK	3 WINTER BREAK	4 WINTER BREAK	5 WINTER BREAK	6 WINTER BREAK
9 PIZZA SLICE CHICKEN CAESAR SALAD MEATBALL SANDWICH PB&J SANDWICH*	10 BONELESS WINGS SPAGHETTI LASAGNA PITA & HUMUS*  GRAPEFRUIT TASTING 	11 BEEF TACO SHREDDED BEEF BURRITO BEAN & CHEESE. BURRITO* GRILLED CHCKEN SALAD PB&J SANDWICH*	12 HOT DOG HAMBURGER   CHILI CHEESE WEDGES PITA & HUMMUS*	13 PEPPERBELLIES ASIAN SALAD PB&J SANDWICH* MACARNI & CHEESE*
16 MLK HOLIDAY	17 BONELESS WINGS SPAGHETTI LASAGNA PITA & HUMMUS*	18 BEEF TACO SHREDDED BEEF BURRITO BEAN & CHEESE. BURRITO* GRILLED CHCKEN SALAD PB&J SANDWICH*	19 MINIMUM DAY SACK LUNCH	20 BONELESS CHICKEN WITH MASHED POTATOES AND GRAVY FILET-O-FISH SANDWICH ASIAN SALAD PB&J SANDWICH*
23 PIZZA SLICE CHICKEN CAESAR SALAD MEATBALL SANDWICH PB&J SANDWICH*	24 BONELESS WINGS BAKED PASTA LASAGNA PITA & HUMMUS*	25 BEEF TACO SHREDDED BEEF BURRITO BEAN & CHEESE. BURRITO* GRILLED CHCKEN SALAD PB&J SANDWICH*	26 HOT DOG HAMBURGER CHILI CHEESE WEDGES PITA & HUMMUS*	27 TERIYAKI CHICKEN & RICE ASIAN SALAD PB&J SANDWICH* MACARONI & CHEESE*
30 PIZZA SLICE CHICKEN CAESAR SALAD CHICKEN PARMESAN SANDWICH PB&J SANDWICH*	31 BONELESS WINGS SPAGHETTI LASAGNA PITA & HUMMUS*	<i>All meals are low sodium and all grains are whole grain!</i>	<b>OFFERED DAILY:</b> 1% Lowfat Milk Nonfat Chocolate Milk Fresh Fruit & Veggies  Take at least 3 items 1 must be a fruit or veggie	

# Harvest of the Month

Network for a Healthy California



Botanical name: Citrus x paradisi

## GRAPEFRUIT

