



January 2018

LONGLEY WAY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 WINTER BREAK	2 WINTER BREAK	3 WINTER BREAK	4 WINTER BREAK	5 WINTER BREAK
8 CHICKEN GIGGLES CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*	9 PIZZA SLICE* ORANGE CHICKEN & RICE PASTRAMI SANDWICH	10 MACARONI & CHEESE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*	11 POPCORN CHICKEN CORN DOG CHEESE QUESADILLA* PB&J SANDWICH*	12 PEPPERBELLIES CHEESE BREAD TURKEY & HAM SANDWCH
15 MLK HOLIDAY	16 PIZZA SLICE* ORANGE CHICKEN & RICE PASTRAMI SANDWICH	17 BAKED PASTA BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS* BROWNIE	18 POPCORN CHICKEN CORN DOG CHEESE QUESADILLA* PB&J SANDWICH*	19 CHICKEN BURGER CHEESE BREAD TURKEY & HAM SANDWCH
22 CHICKEN GIGGLES CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*	23 PIZZA SLICE* ORANGE CHICKEN & RICE PASTRAMI SANDWICH	24 SPAGHETTI TACOS BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS* CABBAGE TASTING	25 COLLABORATION DAY SACK LUNCH	26 BBQ CHICKEN, CORN CHEESE BREAD TURKEY & HAM SANDWCH
29 CHICKEN GIGGLES CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*	30 PIZZA SLICE* ORANGE CHICKEN & RICE PASTRAMI SANDWICH	31 MACARONI & CHEESE* BEAN & CHEESE BURRITO TURKEY SANDWICH, YOGURT, STRING CHEESE, AND CRACKERS*		

Harvest of the Month

Network for a Healthy California



OFFERED DAILY:

1% LOWFAT MILK
NONFAT CHOC. MILK
FRESH FRUITS
AND VEGETABLES

Choose at least 3
components
(meat, grain, milk, fruit
or vegetable)

1 must be a fruit or
vegetable

All meals are low sodium
and all grains are whole
grains!