



City Fresh Foods Inc.

## January 2010 School Lunch Menu served with 8oz 2% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
				1 CLOSED NEW YEAR'S DAY
4 Salisbury Steak with Brown Gravy Mashed Potatoes Green Beans Fresh Fruit du Jour Wheat Bread	5 Breaded Chicken Tenders White Rice Fresh Zucchini Fresh Fruit du Jour Ketchup Wheat Bread	6 Baked Cheese Lasagna w/Marinara Sauce Steamed Carrots Chilled Pineapples Wheat Roll	7 All Beef Hot Dog Chefs Baked Beans Steamed Green Peas Fresh Fruit du Jour Hot Dog Bun	8 Cheese Pizza Seasoned Diced Potatoes Normandy-Mixed Vegetables Ketchup Fresh Fruit du Jour
11 Zesty Orange Chicken Mashed Potatoes Mixed Vegetables Fresh Fruit du Jour Wheat Bread	12 Jamaican Beef Patty Rice and Beans Steamed Carrots Mixed Fruit Cocktail	13 Spaghetti & Meatballs w/Marinara Sauce Steamed Green Beans Chilled Pineapples Wheat Roll	14 General TSO Chicken Tri-Color Spiral Pasta Steamed Green Peas Fresh Fruit of the Day Wheat Bread	15 Cheese Pizza Seasoned Potato Wedges Capri-Mixed Vegetables Ketchup Fresh Fruit du Jour
18 John's Texas Style Baked Macaroni & Cheese Steamed Green Beans Chilled Pineapples Wheat Roll	19 All Beef Hamburger Seasoned Diced Potatoes Steamed Carrots Fresh Fruit du Jour Ketchup Hamburger Bun	20 American Chop Suey Fresh Zucchini Fresh Tangerine Multi-Grain Roll	21 Chicken Tenders Vegetable Rice Sweet Corn Chilled Peaches Honey Dijon Dipping Sauce	22 Cheese Pizza Seasoned Diced Potatoes Steamed Green Peas Ketchup Fresh Fruit du Jour
25 Chicken Nuggets Yellow Rice Green Beans Fresh Fruit du Jour BBQ Dipping Sauce Wheat Bread	26 All Beef Hot Dog Chefs Baked Beans Sweet Corn Chilled Peaches Ketchup Hot Dog Bun	27 Oven Roasted Turkey w/Gravy Whipped Potatoes Glazed Baby Carrots Fresh Fruit du Jour Wheat Bread	28 Jamaican Beef Patty Rice and Black Beans Steamed Green Peas Fresh Fruit of the Day	29 Cheese Pizza Seasoned Potato Wedges Normandy-Mixed Vegetables Fresh Fruit du Jour Ketchup