



THE SEED

January 2019

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FT = FIELD TRIP – DO NOT ORDER

* Dessert not included as part of the Entrée ** NEW menu item

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Best Wishes for a Happy & Healthy 2019</i> <i>The Staff & Volunteers from The Core & The Seed Cafeterias</i></p>				
<p>Winter Break</p>	<p>Winter Break</p>	<p>Winter Break</p>	<p>Winter Break</p>	<p>Winter Break</p>
<p>Day 5 7</p> <p>**Vegetable Chili (with a bun) & Fresh Fruit <i>*Monster Cookie</i></p>	<p>Day 6 8</p> <p>Breaded Fish Bites & Coleslaw</p>	<p>Day 1 9</p> <p>Tuna Melt & Fresh Fruit <i>*Homemade Lemon Tart</i></p>	<p>Day 2 10</p> <p>Mexican Tortilla Soup, Corn Bread Muffin & Fresh Veggies</p>	<p>Day 3 11</p> <p>Breakfast Sandwich (ham, cheese, english muffin) & Fresh Fruit <i>*Mini Maple Danish</i></p>
<p>Day 4 14</p> <p>Butter Chicken Corn & Rice <i>*Ginger Molasses Cookie</i> FT: GR 4 Lum</p>	<p>Day 5 15</p> <p>Beef Quesadilla & Fresh Fruit FT: GR 4 Lum</p>	<p>Day 6 16</p> <p>Rotini Alfredo & Garden Salad <i>*Cinnamon Swirl Bun</i> FT: GR 4 Lum</p>	<p>Day 1 17</p> <p>Picnic Plate & Fresh Fruit FT: GR 4 Lum</p>	<p>Day 2 18</p> <p>Chicken Nuggets & Fresh Veggies <i>*Chocolate Chip Cookie</i> FT: GR 4 Lum</p>
<p>Day 3 21</p> <p>February Ordering Open **Alphabet Vegetable Soup & Fresh Veggies <i>*Snickerdoodle Cookie</i> FT: GR 4 Bourgeois</p>	<p>Day 4 22</p> <p>February Ordering Open Italian Meatball Sub & Fresh Fruit FT: GR 4 Bourgeois</p>	<p>Day 5 23</p> <p>February Ordering Open Lasagna & Caesar Salad <i>*Homemade Banana Bread Muffin</i> FT: GR 4 Bourgeois</p>	<p>Day 6 24</p> <p>February Ordering Open Ham & Cheese Croissant & Fresh Fruit FT: GR 4 Bourgeois</p>	<p>Day 1 25</p> <p>February Ordering Open PIZZA DAY LUNCH FT: GR 4 Bourgeois</p>
<p>Day 2 28</p> <p>Mini Perogies, & Garden Salad <i>*Dbl. Chocolate Chip Cookie</i> FT: GR 4 Bourgeois/Lum</p>	<p>Day 3 29</p> <p>Pineapple Ginger Chicken, Rice & Mixed Veggies FT: GR 4 Bourgeois</p>	<p>Day 4 30</p> <p>Beef Sliders & Fresh Fruit <i>*Homemade Puffed Wheat Square</i> FT: GR 4 Sharp/Brodeur</p>	<p>31</p> <p>PD DAY NO SCHOOL</p>	<p>FIELD TRIPS DO NOT ORDER on days your child has a fieldtrip. Pack a bag lunch.</p>

GF = gluten free option available. Not appropriate for Celiac. **V** = vegetarian . Please email to advise of order tnelson@cfis.com