









### Lunch Substitutions Also Available:

- Plain Pasta (Parmesan Cheese Available)
- Cream Cheese on Wheat Bread
- Cheese Sticks - Turkey Slices - Yogurt

# Mohawk Country Day School January 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
31	1 <b>No School</b> New Year's 	2 Penne Marinara with Meatballs Garlic Bread Raw Carrots Apples	3 Beef Soft Tacos Shredded Cheese Tomato / Lettuce Pineapple	4 
7 Chicken Quesadilla Sour Cream / Salsa Cucumber Slices Pineapple	8 French Toast Sticks Hard Boiled Eggs Syrup Banana	9 Rotini Marinara with Turkey Garlic Bread Raw Carrots Orange Slices	10 Beef Burger Whole Wheat Rolls Cucumber Slices Applesauce	11 
14 Chicken Fajitas Cheese / Lettuce Steamed Rice Apples	15 Pancakes Hard Boiled Eggs Syrup Banana	16 Penne Marinara with Meatballs Garlic Bread Raw Carrots Cantaloupe	17 Fish Sticks Oven-Baked French Fries Ketchup Corn Orange Slices	18 
2  <b>No School</b> MLK Jr. Day	22 French Toast Sticks Hard Boiled Eggs Syrup Banana	23 Rotini Marinara with Turkey Garlic Bread Raw Carrots Honeydew	24 Beef Burger Whole Wheat Rolls Cucumber Slices Applesauce	25 
28 Chicken Fajitas Cheese / Lettuce Steamed Rice Orange Slices	29 Pancakes Hard Boiled Eggs Syrup Banana	30 Penne Marinara with Meatballs Garlic Bread Raw Carrots Cantaloupe	31 Beef Soft Tacos Shredded Cheese Tomato / Lettuce Orange Slices	1