January 2012 Calendar. PALOUSE PRAIRIE SCHOOL LUNCH BY GLADISH COMMERCIAL KITCHEN
CHILD NAME:

◀ December ~ January 2012 ~ February ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	**2** **NO SCHOOL** **NEW YEAR'S**	**3** Veggie burger/bun **Or** hamburger/bun Fresh fruit Veggie sticks Choc chip cookie V	**4** Beef chili/beans Baked potato Shredded cheese GF corn bread Fruit GF	**5** Spaghetti/meat sauce/ shr cheese Tossed green salad French bread fruit	**6** Yog/fruit smoothie Roll or GF crackers Deli meat/cheese Carrot sticks Oatmeal cookie	**7**
8	**9** Chicken slices Bread sticks Tomato Marinara sauce Fruit Choc chip cookie	**10** Beef/rice/veggie stew Biscuit Fruit Oatmeal cookie	**11** Yakisoba noodles/beef Veggies Fruit roll	**12** Bowtie pasta w/ham Veggies Fruit Muffin square	**13** Egg salad sandwich Lentil soup Orange slices Rice krispy treat **GF option**: rice crackers for bread V GF option	**14**
15	**16** **NO SCHOOL** **MLK DAY**	**17** Mac/cheese Green beans Roll Fruit Choc chip cookie V	**18** Black beans/rice Sausage Fruit roll	**19** Bbq pulled pork/bun Veggie sticks Fruit cobbler	**20** Cheesy brocc/rice casserole Yog-fruit smoothie Roll **GF option:** rice crackers for roll	**21**
22	**23** Taco beef/tortillas; Veggie shreds; salsa; rice Refried beans Corn chips Fruit GF	**24** Meat lasagna Roll Fruit Tossed salad	**25** Deli meat/cheese sandwich Hummus/crackers Fruit Sugar cookie	**26** Baked chicken drumsticks Cheesy orzo Veggies Fruit roll	**27** GF corn pasta tossed with veggies (cool) Hard boiled eggs Fruit V GF	**28**
29	**30** Breakfast for lunch: Egg/ham muffin Fruit Veggies Choc chip cookie	**31** Meat loaf Mashed potatoes Green beans Roll Fruit **GF option**: rice crackers for roll	**Notes:**			

Notes: *** GF = gluten free * V = vegetarian * "w/w" = whole wheat.**

CHOICE DELI BOARD – gluten free sliced deli meat (low-fat ham or turkey or chicken); cheese; yogurt-fruit smoothie; vegetables; rice crackers. rice krispy treat. Other items that rotate into the Deli Board will include: cool rice pudding, gluten-free granola, hard-boiled egg, gluten-free muffins.

CHOICE SANDWICH PACK – Vegetarian. Almond butter OR sunflower seed butter and jam sandwich on whole wheat white bread; yogurt-fruit smoothie; vegetables, cheese and whole wheat crackers. rice krispy treat or cookie or muffin. Other items that rotate into the Sandwich Pack will include: cool rice pudding, gluten-free granola, hard-boiled egg.