

Elizabeth Seton High School —January 2015

Mon	Tue	Wed	Thu	Fri
GF: Gluten Free V: Vegetarian	Available Daily: Salad Bar with Fresh Fruit, Deli Bar, Protein Salads		1	2
5 French Onion Soup Beef/Chicken BBQ Sandwich ~Roasted Vegetables~ Sweet Potato Fries Cole Slaw Chocolate Brownie	6 Pepper Steak ~Ratatouille~ Brown Rice Peas	7 Lentil Soup (V) Ancho Chili Chicken Breast ~Sweet Corn Pudding~ Green Beans Sugar Cookie	8 Philly Cheese Steak ~Roasted Vegetable Sub~ Sun Chips	9 Minestrone Soup (V) Chicken Tenders ~Macaroni & Cheese~ Fresh Vegetable Medley Triple Raisin Bar
12 Broccoli Cheddar (GF, V) All Beef Hot Dogs w/ Fixings ~Garden Burgers~ Baked Beans Yogurt	13 Chicken~n~Waffles Syrup-Butter~Honey Braised Kale	14 MEATLESS Tomato Garden Veg (GF, V) Spinach & Artichoke Bread Boule Tortilla Chips Green Beans Snickerdoodle Cookie	15 Roasted Chicken Pizziola ~Tomato Mozzarella Wrap~ Italian Vegetable Blend	16 Split Pea & Ham (GF) Rotini with Meatballs ~Rotini w/ Marinara~ Mixed Vegetables Breadsticks Cream Cheese Crumb Cake
19 MLK HOLIDAY	20 Rotisserie Turkey Brown Gravy ~Spinach Quiche~ Oven Roasted Redskin Potatoes Green Peas	21 New England Clam Chowder Chicken Caprese ~Eggplant Parmesan~ Penne Pasta w/ Marinara Fresh Vegetable Medley Chocolate/Vanilla Pudding	22 Focaccia Pizza with toppings to include Pepperoni, Cheese, Vegetables Mixed Vegetables	23 Tomato Basil (GF) Chicken Pot Pie ~Vegetarian Pot Pie~ Oatmeal Raisin Cookie
26 MEATLESS Roasted Vegetable Soup (GF,V) Bow Tie Pasta Bar Alfredo-Marinara-Pesto Sauces Glazed Carrots Blueberry Cake	27 Grilled Chicken Flatbread Sandwich ~Roasted Vegetable Flatbread Sun Chips	28 Tomato Bisque Soup Beef Sirloin Tips in Gravy ~Garden Burgers~ Egg Noodles Green Beans Cream Cheese Brownie	29 Italian Sausage, Grilled Peppers & Onion Hoagie ~Roasted Vegetable Hoagie~ Kettle Chips	30 Black Bean Soup (GF,V) BBQ Baked Chicken Drumsticks ~Macaroni & Cheese~ Broccoli Spears Yogurt Bar with Fruit Salad