

January Lunch Menu

	Lunch	PM Snack
01/14/23	<p><i>Spaghetti: Spaghetti, pasta sauce, grilled onions, halal ground beef.</i></p> <p><i>Spring Salad: chopped lettuce, spinach, and other leafy greens, lemon, olive oil, sumac.</i></p> <p><i>Hummus: chickpeas, sesame paste, lemon.</i></p> <p>1% Milk</p>	<p>Whole-grain crackers</p> <p>100% Apple juice</p>
01/21/23	<p><i>Hashweh Rice: Basmati rice, steamed vegetables, halal ground beef.</i></p> <p><i>Spring Salad: chopped lettuce, spinach, and other leafy greens, lemon, olive oil, sumac.</i></p> <p><i>Hummus: chickpeas, sesame paste, lemon.</i></p> <p>1% Milk</p>	<p>Whole-grain crackers</p> <p>100% Apple juice</p>
01/28/23	<p><i>Shrimp Bechamel: Pasta, shrimp, corn, cheese sauce, spices.</i></p> <p><i>Spring Salad: chopped lettuce, spinach, other leafy greens, carrots, lemon, olive oil, sumac.</i></p> <p><i>Hummus: chickpeas, sesame paste, lemon.</i></p> <p>1% Milk</p>	<p>Whole-grain crackers</p> <p>100% Apple juice</p>