

# St. Martha School Lunch Menu

## January 2010

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
School Holiday	<i>Baked Chicken Nuggets</i> <i>Vegetable Rice</i> <i>Fresh Fruit or Salad</i> <i>Milk, Juice or Water</i>	<i>Spaghetti w/ Meat Sauce</i> <i>Sweet Corn</i> <i>Fresh Fruit or Salad</i> <i>Milk, Juice or Water</i>	<b><i>Breakfast for Lunch</i></b> <i>French Toast Sticks &amp; Sausage</i> <i>Baked Tator Tots</i> <i>Fresh Fruit or Salad</i> <i>Milk, Juice or Water</i>	<i>Grilled Cheeseburgers</i> <i>Tator Tots</i> <i>Fresh Fruit or Salad</i> <i>Milk, Juice or Water</i>
11	12	13	14	15
<i>Chili Cheese Hot Dogs</i> <i>Sweet Corn</i> <i>Fresh Fruit or Salad</i> <i>Milk, Juice or Water</i>	<i>Breaded Chicken Sandwich</i> <i>Sweet Corn</i> <i>Fresh Fruit or Salad</i> <i>Milk, Juice or Water</i>	<b><i>**Limited Kitchen Service**</i></b> <i>Turkey &amp; Cheese Sandwich, Chips,</i> <i>Fruit and Drink</i>	<i>Steak Fingers w/ Gravy</i> <i>Mashed Potatoes</i> <i>Fresh Fruit or Salad</i> <i>Milk, Juice or Water</i>	<i>Cheese Pizza or Pizza Sticks</i> <i>Carrot Sticks w/ Ranch</i> <i>Fresh Fruit or Salad</i> <i>Milk, Juice or Water</i>
18	19	20	21	22
<i>MLK Holiday- No School</i>	<i>Cheese Enchiladas</i> <i>Sweet Corn</i> <i>Fresh Fruit or Salad</i> <i>Milk, Juice or Water</i>	<i>BBQ Chicken Legs</i> <i>Seasoned Green Beans</i> <i>Fresh Fruit or Salad</i> <i>Milk, Juice or Water</i>	<i>Baked Fish Sticks</i> <i>Macaroni &amp; Cheese</i> <i>Fresh Fruit or Salad</i> <i>Milk, Juice or Water</i>	<i>Crispy Beef Tacos</i> <i>Spanish Rice</i> <i>Fresh Fruit or Salad</i> <i>Milk, Juice or Water</i>
25	26	27	28	29
<i>Steak Fingers w/ Gravy</i> <i>Mashed Potatoes</i> <i>Fresh Fruit or Salad</i> <i>Milk, Juice or Water</i>	<i>BBQ Beef Sandwich</i> <i>Baked Beans</i> <i>Fresh Fruit or Salad</i> <i>Milk, Juice or Water</i>	<b><i>**Limited Kitchen Service**</i></b> <i>Turkey &amp; Cheese Sandwich, Chips,</i> <i>Fruit and Drink</i>	<i>All American Hot Dog</i> <i>Tator Tots</i> <i>Fresh Fruit or Salad</i> <i>Milk, Juice or Water</i>	<i>Cheese Pizza or Pizza Sticks</i> <i>Carrot Sticks w/ Ranch</i> <i>Fresh Fruit or Salad</i> <i>Milk, Juice or Water</i>