

January 2018
St Rose Sandwich and Salad Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1/1	1/2	1/3	1/4	1/5
Thai Salad with Chicken with tomatoes, broccoli, peas, garbanzo beans, w/g rolls, pear Turkey & Cheese on W/G Bread lettuce, tomato, baby carrots, pea salad and a pear	Spinach Chef salad with turkey, egg, cucumbers, tomatoes, red onion, peas, carrots, w/g rolls, pineapple Spicy Chicken sandwich on a w/g bun with lettuce, tomato, broccoli sweet potato tots, pineapple cup	Oriental chicken salad with mandarin oranges, onion, peas, broccoli, carrot, w/g rolls Ham and cheese sandwich with lettuce, tomato, spinach salad, carrots and a local apple	Santa Fe chicken salad with corn, black beans, salsa, w/g tortilla chips & a pear Hamburger on a bun with lettuce, tomato, baked tots & a pear	Taco salad with beef, black beans, corn, spicy salsa, broccoli, w/g tortilla chips, and raisils Turkey and ham with cheese on w/g bread with lettuce, tomato, Broccoli, spinach salad, & raisils
1/8	1/9	1/10	1/11	1/12
Garden salad with chicken, carrot, tomatoes, broccoli, peas, garbanzo beans, w/g rolls, apple Turkey & Cheese on W/G Bread lettuce, tomato, pea salad, broccoli bites & a Gala apple	Chef salad with turkey, egg, peas, cucumbers, tomatoes, red onion, carrots, w/g rolls, & orange wedges Chicken patty sandwich on a w/g bun with lettuce, tomatoes, cucumber slices & orange wedges	Garden salad with chicken, carrot, tomatoes, broccoli, peas, garbanzo beans, w/g rolls, raisils Ham and cheese on w/g bread with spinach leaves, tomato, black bean salad, and raisils	Cobb salad with turkey, egg, grape tomatoes, carrots, peas, w/g rolls and a local pear Hamburger on a w/g bun with baby carrots, tots and a local pear	Taco salad with beef, black beans, corn, spicy salsa, broccoli, w/g tortilla chips, and a pear Turkey and ham with cheese on w/g bread with lettuce, tomato, broccoli bites, baby carrots, pear
1/15	1/16	1/17	1/18	1/19
Martin Luther King Jr. Birthday No School	Spinach Chef salad with turkey, egg, cucumbers, tomatoes, red onion, peas, carrots, w/g rolls, applesauce Spicy Chicken sandwich on a w/g bun with lettuce, tomato, broccoli sweet potato tots, applesauce	Santa Fe chicken salad with corn, black beans, salsa, w/g tortilla chips & orange wedges Hamburger on a bun with lettuce, tomato, baked beans & orange wedges	Oriental chicken salad with mandarin oranges, onion, peas, broccoli, carrot, w/g rolls Ham and cheese sandwich with lettuce, tomato, spinach salad, carrots and a local pear	Taco salad with beef, black beans, corn, spicy salsa, broccoli, w/g tortilla chips, and peaches Turkey and ham with cheese on w/g bread with lettuce, tomato, cucumbers, pea salad, & peaches
1/22	1/23	1/24	1/25	1/26
Garden salad with chicken, carrot, tomatoes, broccoli, peas, garbanzo beans, w/g rolls, apple Turkey & Cheese on W/G Bread lettuce, tomato, pea salad, baby carrots & a Gala apple	Spinach Chef salad with turkey, egg, peas, cucumbers, tomatoes, red onion, carrots, w/g rolls, & raisils Chicken patty sandwich on a w/g bun with lettuce, tomatoes, broccoli, cucumber slices & raisils	Taco salad with beef, black beans, corn, spicy salsa, broccoli, w/g tortilla chips, and a peach cup Turkey and ham with cheese on w/g bread with lettuce, tomato, carrots, black beans, peaches	Cobb salad with turkey, egg, grape tomatoes, carrots, peas, w/g rolls and a local apple Hamburger on a w/g bun with broccoli bites, tots and a local apple	Records day No Meals
1/29	1/30	1/31	2/1	2/2
Thai Salad with Chicken with tomatoes, broccoli, peas, garbanzo beans, w/g rolls, apple Turkey & Cheese on W/G Bread lettuce, tomato, broccoli bites, black bean salad and an apple	Chef salad with turkey, egg, cucumbers, tomatoes, red onion, peas, carrots, w/g rolls, pear Spicy Chicken sandwich on a w/g bun with lettuce, tomato, cucumber, sweet potato tots, pear	Taco salad with beef, black beans, corn, spicy salsa, broccoli, w/g tortilla chips, and peach cup Turkey and ham with cheese on w/g bread with lettuce, tomato, cucumbers, pea salad, & peaches	Oriental chicken salad with mandarin oranges, onion, peas, broccoli, carrot, w/g rolls Ham and cheese sandwich with lettuce, tomato, spinach salad, carrots and a local apple	Taco salad with beef, black beans, corn, spicy salsa, broccoli, w/g tortilla chips, and an apple Turkey and ham with cheese on w/g bread with lettuce, tomato, cucumbers, pea salad, & an apple

Choice of milk with included with each meal

"This institution is and equal opportunity provider and employer"

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