

TCW Food Services

JANUARY

Menu for Children Ages 1-13

	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3	4
All portions are based on age levels governed by the RI & MA Food Programs. We always offer each student more than the minimum required.		Schools Closed in Observance of New Years!	Zuppa Toscana Soup* Chicken, Sausage, Cream, Kale and Mixed Veggies WG Bread Sticks Apples	WG Ravioli** w/ Sauce Cauliflower Oranges	Shepard's Pie Grd. Beef, Corn and Mashed Potatoes WG Rye Bread Pears
	7	8	9	10	11
Whole Grains are always served.	Steak & Cheese* Potato Tots WG Torpedo Rolls Oranges	Quinoa Chili Mixed Veggies, Sauce and Peppers (opt.cheese) WG Bread Bowl* Pears	Meatballs^ w/ Sauce Sweet Peas WG Torpedo Rolls Apples	Grilled Chicken Sandwiches Broccoli WG Hamb. Rolls Oranges	Pot Roast Potatoes, Carrots and Gravy WG Dinner Rolls Pears
All meals are served w/fresh fruit and milk.	14	15	16	17	18
Allergens: Items that contain dairy and eggs are marked. ^ = Contains Eggs * = Contains Dairy	Chicken & Rice Soup Carrots, Celery, Chicken and Brown Rice WG Dinner Rolls Oranges	Rib A Q Pork Patties Sweet Corn WG Hamb. Rolls Pears	Chicken In A Bowl Popcorn Chicken, Corn and Mashed Potatoes WG Wheat Bread Apples	Chicken Nuggets Peas WG Oatmeal Bread Oranges	Stuffed Pepper Casserole Peppers, Rice, and Grd. Beef with Tom. Sauce WG Italian Bread Pears
	21	22	23	24	25
The following days are vegetarian friendly, and will include the appropriate protein substitutes in place: 1/3 - Ravioli contains cheese in place of the protein 1/8 - Chili, will contains beans and a side of cheese in place of the protein.	Schools Closed in Observance of Martin Luther King, Jr. Day!	Chicken Patty Parm Sand.* Green Beans WG Hamb. Rolls Pears	Alphabet Soup Mixed Veggies, Grd. Beef, Beans and WG Pasta WG Italian Bread Apples	Chicken Tenders Wax Beans WG Wheat Bread Oranges	Meatballs^ w/ Sauce Sliced Carrots WG Torpedo Rolls Pears
	28	29	30	31	
	Jambalaya Chicken, Sausage, Mixed Veggies and Tom. Sauce WG Dinner Rolls Oranges	Roasted Chicken Green Beans w/ Cranberries WG Oatmeal Bread Pears	Shepard's Pie Grd. Beef, Corn and Mashed Potatoes WG Rye Bread Apples	Chicken & Broccoli Alfredo* w/ WG Pasta Oranges	

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