

# TCW Food Services

# JANUARY

## Vegetarian Menu for Children Ages 1-13

	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3	4
<p>All portions are based on age levels governed by the RI &amp; MA Food Programs. We always offer each student more than the minimum required.</p> <p>Whole Grains are always served.</p> <p>All meals are served w/fresh fruit and milk.</p> <p>Allergens: Items that contain dairy and eggs are marked.            ^ = Contains Eggs            * = Contains Dairy</p>		Schools Closed in Observance of New Years!	Zuppa Toscana Soup* Cream, Kale Beans and Mixed Veggies WG Bread Sticks Apples	WG Ravioli** w/ Sauce Cauliflower Oranges	Shepard's Pie Veggie Crumble, Corn and Mashed Potatoes WG Rye Bread Pears
	7	8	9	10	11
	Veggie Burgers* Potato Tots WG Torpedo Rolls Oranges	Quinoa Chili Mixed Veggies, Sauce and Peppers (opt.cheese) WG Bread Bowl Pears	Veggie Meatballs^ w/ Sauce Sweet Peas WG Torpedo Rolls Apples	Grilled Cutlet Sandwiches Broccoli WG Hamb. Rolls Oranges	Veggie Pot Roast Chopped Cutlet, Potatoes, Carrots and Gravy WG Dinner Rolls Pears
	14	15	16	17	18
	Rice & Bean Soup Carrots, Celery, Beans and Brown Rice WG Dinner Rolls Oranges	Veggie Burgers Sweet Corn WG Hamb. Rolls Pears	Chicken In A Bowl Veggie Nuggets, Corn and Mashed Potatoes WG Wheat Bread Apples	Veggie Nuggets Peas WG Oatmeal Bread Oranges	Stuffed Pepper Casserole Peppers, Rice, and Veggie Crumble, with Tom. Sauce WG Italian Bread Pears
	21	22	23	24	25
	Schools Closed in Observance of Martin Luther King, Jr. Day!	Veggie Cutelt Parm Sand.* Green Beans WG Hamb. Rolls Pears	Alphabet Soup Mixed Veggies, Veggie Crumble, Beans and WG Pasta WG Italian Bread Apples	Veggie Nuggets Wax Beans WG Wheat Bread Oranges	Veggie Meatballs^ w/ Sauce Sliced Carrots WG Torpedo Rolls Pears
	28	29	30	31	
	Veggie Jambalaya Veggie Crumble, Mixed Veggies and Tom. Sauce WG Dinner Rolls Oranges	Roasted Veggie Cutelts Green Beans w/ Cranberries WG Oatmeal Bread Pears	Shepard's Pie Veggie Crumble, Corn and Mashed Potatoes WG Rye Bread Apples	Creamy Broccoil Alfredo* w/ Beans and WG Pasta Oranges	

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