

January 2012

St. John's Lunch Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
2 Christmas Break: No School	3 Barbeque chicken, warm potato salad, and coleslaw OR Greek salad: grilled chicken, cucumber, tomato, feta, and Greek dressing AM SNACK: Ham, Egg, & Cheese Biscuits	4 Beef enchilada casserole, refried beans, and Spanish rice OR Grilled chicken Caesar salad AM SNACK: Monkey Bread Pizza Puff	5 Chicken Cordon Bleu, rice pilaf, French green beans, Roll, Fresh Fruit OR Italian sandwich with herbed mayo on Kaiser AM SNACK: Waffles w/ Strawberries	6 Tomato basil and three cheese pizza, Caesar salad, Yogurt OR Gyro with Lamb AM SNACK: Ham & Cheese Breakfast Sandwich
9 Cheese Ravioli with Marinara, Mixed Vegetable, Roll and Nilla Wafers OR Tuna on Croissant AM SNACK: Bean & Cheese Breakfast Tacos	10 Chicken quesadilla, corn, southwestern slaw with Ranch and fresh fruit OR Chef salad: turkey, tomato, carrots, cheddar cheese, romaine & Ranch AM SNACK: Pancake of the Day (various flavors)	11 Beef Tips over Wide Egg Noodles, Broccoli Gratin, Roll and Applesauce OR Italian sandwich with herbed mayo on a Kaiser AM SNACK: Quiche Lorraine	12 Seared chicken with Rosemary Sauce, confetti Rice with Peas, Roll and Graham Crackers OR Grilled Chicken Fajita Salad, red pepper, tomato, shredded mixed cheese, tortilla strips, creamy cilantro ranch AM SNACK: English Muffin Pizza	13 Broiled hamburgers with lettuce, tomato, Roasted New Potatoes, Fresh Fruit OR grilled chicken salad on croissant AM SNACK: Sausage, Egg, & Cheese Quesadillas
16 MLK Jr. Day: No School	17 Tilapia with Toasted Herbed Panko and a Light Dijon Cream, Broccoli, Couscous, Roll and Fresh Fruit OR Greek Salad with Grilled Chicken, cucumber, Tomato, Feta and Greek Dressing AM SNACK: Ham, Egg & Cheese Biscuit	18 Chicken Scaloppini Provencal, Mashed Potatoes, and French Green Beans Roll and Peach Cobbler OR Roast Beef on a Hoagie Roll AM SNACK: Monkey Bread Pizza Puff	19 Indian Beef over Jasmine Rice, Peas, Carrots and Roll, Ice Cream OR Grilled Chicken Caesar Salad AM SNACK: Waffles w/ Strawberries	20 Tortellini Alfredo, Italian Vegetables, Spinach Salad with Parmesan Ranch a Roll and Apple Tart OR Gyro with lamb AM SNACK: Steak & Egg Tacos
23 Meatloaf, Macaroni and Cheese, Green Beans Roll and a Fresh Fruit OR Tuna on a Croissant AM SNACK: Bean & Cheese Breakfast Tacos	24 Turkey Croque Monsieur, corn, tossed salad, fresh fruit OR Chef salad-turkey, tomato, carrots, cheddar cheese, romaine & Ranch AM SNACK: Pancake of the Day (various flavors)	25 Lasagna, mixed vegetables, Roll, Apple Crisp OR Grilled Chicken Fajita Salad, red pepper, tomato, shredded mixed cheese, tortilla strips, creamy cilantro ranch AM SNACK: Quiche Lorraine	26 Seared chicken with gravy, mashed potatoes, and green beans OR Roast Beef on a Hoagie Roll AM SNACK: English Muffin Pizza	27 Beef tacos with lettuce, tomato, Spanish rice, and Yogurt OR Grilled Chicken Salad sandwich on Croissant AM SNACK: Sausage, Egg, & Cheese Quesadillas
30 Chicken bow tie pasta with diced tomato and basil cream sauce, tossed salad, Roll and Nilla Wafers OR turkey and provolone on focaccia with pesto mayo AM SNACK: Egg & Bacon Breakfast Tacos	31 Barbeque chicken, warm potato salad, and coleslaw OR Greek salad: grilled chicken, cucumber, tomato, feta, and Greek dressing AM SNACK: Ham, Egg, & Cheese Biscuits			