

Redding School of the Arts

January 2017



January 2	January 3	January 4	January 5	January 6
Staff Development Day No School	BBQ Chicken/WG Bun Salad Fresh Fruit Cookie *VEGGIE BURGER	Roasted Chicken Roll Potatoes Fresh Fruit *VEGGIE BURGER	Taco Salad Fresh Salsa Refried Beans Fresh Fruit *CHEESE QUESADILLA	Chicken Nuggets Muffin Carrots Fruit Salad *VEGGIE NUGGETS
Asian Chicken Brown Rice Broccoli Fresh Fruit *TOFU W/RICE	Burrito Salsa Garden Salad w/Dressing Banana	Hamburger on Whole Grain Bun Tomato/Lettuce/Pickle Baked Beans Orange *VEGGIE BURGER	Chicken Veggie Soup WG Roll Garden Salad w/Dressing Fresh Fruit *VEGGIE SOUP	Sub Sandwich Veggie Beans Sun Chips Veggie Medley w/Dip Fresh Fruit *VEGGIE SANDWICH
Martin Luther King Day No School	Spaghetti Roll Green Beans Peach Cup	Pizza Salad Bar w/CROUTONS Fresh Fruit	Corn Dog Potato Salad Veggie Sticks Fruit Salad *VEGGIE CORNDOG	Mac N Cheese Broccoli Muffin Fresh Fruit
Sweet & Sour Meatballs Brown Rice Broccoli Fruit *SWEET & SOUR TOFU	BBQ Chicken/WG Bun Salad Fresh Fruit Cookie *VEGGIE BURGER	Roasted Chicken Roll Potatoes Fresh Fruit *VEGGIE BURGER	Taco Salad Fresh Salsa Refried Beans Fresh Fruit *CHEESE QUESADILLA	Chicken Nuggets Muffin Carrots Fruit Salad *VEGGIE NUGGETS
Asian Chicken Brown Rice Broccoli Fresh Fruit *TOFU W/RICE	Burrito Salsa Garden Salad w/Dressing Banana			Daily Lunch Choices: Various Veggies & Salads; Fruit

