

January 2018

Las Flores Ed Center

LUNCH



Daily Choices Include
1% White Milk or Non-Fat Milk
Pizza, Yogurt Meal



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

5

Winter Break

8

CHICKEN SANDWICH

Sandwich de Pollo
Sweet Potato Fries
Celery Sticks
Fruit

9

CHEESE PIZZA

Pizza de queso
Garden Salad
Jicama Sticks
Fruit

10

**HAM & CHEESE
on CIABATTA**

Sandwich de Jamón con Queso
Three Bean Salad
Zucchini Sticks, Sun Chips
Fruit

11

12

15

CHICKEN NUGGETS

Trocitos de Pollo
Steamed Carrots
Dinner Roll
Celery Sticks, Fruit

16

CHEESE PIZZA

Pizza de queso
Three Bean Salad
Jicama Sticks
Fruit

17

**BEAN & CHEESE
BURRITO**

Burrito de frijoles con queso
Garden Salad
Fresh Salsa, Fruit

18

19

22

CORN DOGS

Baked Beans
Baby Carrots
Fruit

23

CHEESE PIZZA

Pizza de queso
Spinach Salad
Jicama Sticks
Fruit

24

CHEESEBURGER

Hamburguesa con Queso
Baked Sweet Potato Fries
Lettuce & Tomato
Fruit

25

26

29

CHICKEN NUGGETS

Trocitos de Pollo
Steamed Carrots
Dinner Roll
Celery Sticks, Fruit

30

CHEESE PIZZA

Pizza de queso
Garden Salad
Jicama Sticks
Fruit

31

