

January 2018

SDC (Intensive Learning Center)



Daily Choices Include:
1% White Milk or Non Fat Milk



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

CHICKEN SANDWICH

Sandwich de Pollo
Sweet Potato Fries
Fruit

8

SPAGHETTI

w/MEAT SAUCE
Espaguetti con Carne
Bread Stick
Garden Salad

9

CHEESE PIZZA

Pizza de queso
Zesty Jicama
Fruit

10

Turkey & CHEESE

on CIABATTA
Sandwich de Jamón con Queso
Three Bean Salad
Sun Chips
Fruit

11

FISH 'N' CHIPS

Pescado con Papitas
Baked Fries
Fruit

12

Martin Luther King Day Observed

15

CHEESE PIZZA

Pizza de queso
Three Bean Salad
Fruit

16

BRUNCH FOR LUNCH

Desayuno Para Almuerzo
Egg Sandwich (English Muffin)
Hash Brown
Fruit

17

BEAN AND CHEESE

BURRITO
Burrito de frijoles con queso
Garden Salad
Fruit

18

TURKEY SANDWICH

Sandwich de Pavo
Zesty Jicama
Sun Chips
Fruit

19

PIZZA

3-Bean Salad
Fruit

22

BEEF SOFT TACO

Taco Suave de Res
Refried Beans
Fruit

23

ROASTED CHICKEN

Pollo Rostizado
Dinner Roll
Mashed Potatoes
Fruit

24

CHILE VERDE TAMALES

Tamales con Chile Verde
Spanish Rice
Corn Salad
Fruit

25

Non Student Day

26

CHICKEN SOFT TACO

Taco Suave de Pollo
Salsa
Fruit

29

Chicken Nuggets

Steamed Carrots
Fruit

30

TURKEY AND GRAVY

Pavo con Gravy
Dinner Roll
Mashed Potatoes
Fruit

31

