

Common Ground
002 - COMMON GROUND HS
LUNCH JANUARY 2017

Dec 31, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 2	Jan - 3	Jan - 4	Jan - 5	Jan - 6
	GRILLED CHEESE SANDWICH SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* *SOUP VEGGIE GUMBO MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	*HAM & CHEESE SANDWICH* *TURKEY & CHEESE WRAPS HUMMUS *CHEDDAR CHEESE* SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* *SOUP VEGGIE GUMBO MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	MACARONI AND CHEESE/B* CIABATTA BREADSTIX SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* *SOUP VEGGIE GUMBO MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	MEATBALL SUB* MEATLESS "MEATBALLS" SUB* SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* *SOUP VEGGIE GUMBO MILK 1 % WHITE* MILK, FAT FREE* LACTAID*
Jan - 9	Jan - 10	Jan - 11	Jan - 12	Jan - 13
MEAT LOAF LENTIL BURGERS RICE, Brown, cooked, Cooks SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* *SOUP VEGGIE GUMBO MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CIABATTA ROLLS	FISH STICKS *GARDENBURGERS* MASHED POTATOES* SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* *SOUP VEGGIE GUMBO MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	PORK TENDERLOIN * *VEGETABLE WRAPS VEGETABLE "FRIED" RICE* SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* *SOUP VEGGIE GUMBO MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CIABATTA ROLLS	SLOPPY JOE ON A BUN SLOPPY VEGGIE JOES SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* *SOUP VEGGIE GUMBO MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	TUNA SALAD SANDWICH EGG SALAD SANDWICH *CHIPS, BAKED LAYS SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* *SOUP VEGGIE GUMBO MILK 1 % WHITE* MILK, FAT FREE* LACTAID*

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 16 NO SCHOOL MARTIN LUTHER KING DAY	Jan - 17 *BAKED ZITI* *CIABATTA ROLLS PARMESAN CHEESE SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* *SOUP VEGGIE GUMBO MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CELERY STICKS* *CARROT STICKS*	Jan - 18 GRILL CHICKEN CAESAR SAL *CIABATTA ROLLS SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* *SOUP VEGGIE GUMBO MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS*	Jan - 19 NO LUNCH	Jan - 20 NO LUNCH
Jan - 23 NO LUNCH	Jan - 24 NO LUNCH	Jan - 25 SW TURKEY BURGERS *GARDENBURGERS* SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* *SOUP VEGGIE GUMBO MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Jan - 26 TUNA SALAD SANDWICH EGG SALAD SANDWICH *CHIPS, BAKED LAYS SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* *SOUP VEGGIE GUMBO MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Jan - 27 *CHICK ON BUN* *GARBANZO BEAN BURGERS SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* *SOUP VEGGIE GUMBO MILK 1 % WHITE* MILK, FAT FREE* LACTAID*

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 30 HOT DOG ON A BUN/TURKEY* TOFU DOG W/BUN BAKED BEANS (VEGETARIAN) PASTA SALAD SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* *SOUP VEGGIE GUMBO MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CONDIMENTS	Jan - 31 *GRILLED CHEESE SANDWICH* SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* *SOUP VEGGIE GUMBO MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CELERY STICKS* *CARROT STICKS*			

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