



# January 2019

3:45:49 PM  
 Wednesday, December 19, 2018  
 K-5 1

## Noor International Academy Lunch

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	<b>1</b> * Closed *	<b>2</b> * Closed *	<b>3</b> * Closed *	<b>4</b> * Closed *
<b>7</b> Chicken Biryani 4 oz (HL) Brown Rice 1/2 c Petite Potatoes 1/2 c (14) Pineapple Tidbits 4 oz (20) Milk Choice 8oz	<b>8</b> Chicken Nachos (HL) Refried Beans & Cheese 1/2c (80) Tortilla Chips 1.75BR-WG (27) Salsa 2oz (4) Juice 100%- 4oz (15) Milk Choice 8oz	<b>9</b> Turkey & Chz Wrap (HL) WG (51) Vegetable Juice 4oz (13) Banana 1 ea (34) Goldfish Grahams WG (19) Milk Choice 8oz	<b>10</b> Cheese Pizza WG (V) (32) Spinach Salad 1c Carrots 1/4 c (3) Sorbet Cup (23) Milk Choice 8oz	<b>11</b> *Closed*
<b>14</b> Mini Burgers (2) on WG Bun HL (22) Diced Potatoes 3/4 c w/ket. (24) Apple (19) Milk Choice 8oz	<b>15</b> Asian Chicken Bowl (HL) (13) Brown Rice 1/2 c Stir Fry Veggies 3/4 c (5) Fortune Cookie (8) Juice 100%- 4oz (15) Milk Choice 8oz	<b>16</b> Tky & Chz w/let on WG Bun(HL) Carrot Coins 1/2 c (9) Hummus Dip 1/4c ER (10) Grapes 1/2 c (14) Sun Chips WG (19) Milk Choice 8oz	<b>17</b> Cheese Pizza WG (V) (32) Romaine Salad 1c Juice 100%- 4oz (15) Milk Choice 8oz	<b>18</b> *Closed*
<b>21</b> * Closed *	<b>22</b> Pasta w/Meatball & mar. (HL) (41) Romaine Salad 1c Fresh Fruit Mix (20) Dinner Roll WG IW (16) Milk Choice 8oz	<b>23</b> Chef Sld w/chk&Chz unt (HL) Potato Salad 1/2 c (24) Corn Bread Loaf 2oz IW (28) Chilled Fruit 1/2 c Milk Choice 8oz #	<b>24</b> Cheese Pizza WG (V) (32) Romaine Salad 1c Juice 100%- 4oz (15) Milk Choice 8oz	<b>25</b> *Closed*
<b>28</b> BBQ Meatballs HL (2) Baked Sweet Potato 1/2c Corn Bread Loaf 2oz IW (28) Baked Beans -Halal 1/2 C (22) Juice 100%- 4oz (15) Milk Choice 8oz	<b>29</b> Chz Ravioli (3) w/Marinara(V) (84) Mixed Veggies 1/4 c Buttered Cauliflower 1/2 C Banana 1 ea (34) Dinner Roll WG IW (16) Milk Choice 8oz	<b>30</b> Nachos 2oz w/shred chez (HL) Refried Beans & Cheese 1/2c (80) Carrot Coins 1/2 cup & Dip (10) Tortilla Chips 1.75BR-WG (27) Juice 100%- 4oz (15) Milk Choice 8oz	<b>31</b> Cheese Pizza WG (V) (32) Spinach Blend Salad 1c (8) Milk Choice 8oz Juice 100%- 4oz (15)	

Carb Counts  
 included in  
 parenthesis ( )  
 for each item

\* Carb counts are estimated  
 based on nutrition labels from  
 the manufacturer and USDA  
 data

Milk Carbs:  
 Fat Free White Milk 1/2 Pint  
 (Purple)(12)  
 Fat Free Chocolate Milk 1/2  
 Pint (Brown)(23)

\*(V) indicates a vegetarian  
 entree

This institution is an  
 equal opportunity  
 provider.