



January 2020

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 Wednesday, January 8, 2020
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Noor - GSRP Program - Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 * Closed *	2 * Closed *	3 *No Lunch Served*
6 Chicken Biryani 4 oz (HL) Brown Rice WG 1/2 c Petite Potatoes 1/2 c (14) Pineapple Tidbits 4 oz (20) Milk Choice 8oz	7 Chicken Nachos (HL) Refried Beans & Cheese 1/4 c (40) Tortilla Chips (1.25Br)WG (19) Salsa 2oz (4) Juice 100%- 4oz (15) Milk Choice 8oz	8 Turkey & Chz Wrap (HL) WG (51) Vegetable Juice 4oz (13) Banana 1 ea (34) Goldfish Grahams WG (19) Milk Choice 8oz	9 Cheese Pizza WG (V) (32) Spinach Salad 1c Sorbet Cup (23) Milk Choice 8oz	10 *1/2 Day No Lunch*
13 Mini Burger/WG Bun (1)HL Diced Potatoes 1/2 c w/ket. (18) Apple (19) Milk Choice 8oz	14 Asian Chicken Bowl (HL) (13) Brown Rice WG 1/2 c Stir Fry Veggies 1/2 c Fortune Cookie (8) Juice 100%- 4oz (15) Milk Choice 8oz	15 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	16 Cheese Pizza WG (V) (32) Romaine Salad 1c Juice 100%- 4oz (15) Milk Choice 8oz	17 *1/2 Day No Lunch*
20 * Closed *	21 Pasta w/Meatball & mar. (HL) (41) Romaine Salad 1c Fresh Fruit Mix (20) Dinner Roll WG IW (16) Milk Choice 8oz	22 Chef Sld w/chk&Chz unt (HL) Potato Salad 1/2 c (24) Corn Bread Loaf 2oz WG IW (28) Chilled Fruit 1/2 c Milk Choice 8oz #	23 Cheese Pizza WG (V) (32) Romaine Salad 1c Juice 100%- 4oz (15) Milk Choice 8oz	24 *1/2 Day No Lunch*
27 BBQ Meatballs HL (2) Sweet Potato Glazed 1/4 c Baked Beans 1/4 c (22) Corn Bread Loaf 2oz WG IW (28) Orange (21) Milk Choice 8oz	28 Chz Ravioli (3ea) w/Marinara (84) Buttered Cauliflower 1/2 C Banana 1 ea (34) Dinner Roll WG IW (16) Milk Choice 8oz	29 Nachos 2oz w/shred chez (HL) Refried Beans & Cheese 1/4 c (40) Corn 1/4 c (8) Tortilla Chips (1.25Br)WG (19) Juice 100%- 4oz (15) Milk Choice 8oz	30 Cheese Pizza WG (V) (32) Spinach Blend Salad 1c (8) Juice 100%- 4oz (15) Milk Choice 8oz	31 *1/2 Day No Lunch*

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.