

January 2023

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Winter Break</p> <p>No Classes</p>	<p>3</p> <p>Chicken Enchilada</p> <p>Thai Chicken Coconut Curry Jasmine Rice</p> <p>Chocolate Chip Banana Bars</p>	<p>4</p> <p>Corn Chowder</p> <p>Cheeseburgers Tater Tots Broccoli</p> <p>Brownies</p>	<p>5</p> <p>Mulligatawny</p> <p>Bronzed Salmon Apricot Couscous Green Beans</p> <p>Lemon Bars</p>	<p>6</p> <p>Beef Barley</p> <p>Cajun Chicken Pasta Garlic Bread</p> <p>Carrot Cake</p>
<p>9</p> <p>Grilled Cheese Tomato Soup Roasted Brussel Sprouts</p> <p>Rhubarb Cheesecake</p>	<p>10</p> <p>Pozole</p> <p>Flora's Chicken Tinga Rice Jicama Salad</p> <p>Flan</p>	<p>11</p> <p>Chicken Noodle</p> <p>Shepard's Pie Twice Baked Potatoes</p> <p>Oreo Cheesecake</p>	<p>12</p> <p>New Mexican Green Chili</p> <p>Southwest Grilled Chicken Burger Black Bean and Corn Salad</p> <p>Triple Berry Crumb</p>	<p>13</p> <p>Shoyu Ramen Bowls</p> <p>Birthday Cupcakes</p>
<p>16</p> <p>Martin Luther King Jr. Day</p> <p>No Classes</p>	<p>17</p> <p>Professional Development Day</p> <p>No Classes</p>	<p>18</p> <p>London Particular</p> <p>Chicken Tikka Masala Basmati Rice Roasted Vegetables</p> <p>Monkey Bread</p>	<p>19</p> <p>Broccoli Cheddar</p> <p>Fish Tacos Chipotle Slaw Roasted Zucchini</p> <p>Tres Leches</p>	<p>20</p> <p>Cioppino</p> <p>Assorted Pizza Flatbreads Steamed Broccoli</p> <p>Chocolate Mousse</p>
<p>23</p> <p>Vegetable Minestrone</p> <p>Baked Ziti Sautéed Corn Garlic Bread</p> <p>Cannoli Poke Cake</p>	<p>24</p> <p>Chinese New Year</p> <p>Sticky Pork Bao Buns Ginger Fried Rice Baby Bok Choy</p> <p>Daan Tat</p>	<p>25</p> <p>Clam Chowder</p> <p>Bronzed Salmon Caesar Salad</p> <p>Berry Buttermilk Cake</p>	<p>26</p> <p>Chicken Tortilla</p> <p>Chipotle Chicken Burritos Roasted Vegetables Jicama Slaw Mexican Hot Chocolate Pie</p>	<p>27</p> <p>Rosemary Bean</p> <p>Italian Beef Sandwiches French Fries Spicy Zucchini</p> <p>Apple Crisp</p>
<p>30</p> <p>Spiced Lentil</p> <p>Chana Masala Jasmine Rice Curried Cauliflower</p> <p>Gingerbread Bundt Cake</p>	<p>31</p> <p>Chili Con Carne With Fixin' Bar</p> <p>Chocolate Delight</p>			

January 2023 Gluten Free

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Winter Break</p> <p>No Classes</p>	<p>3</p> <p>Thai Chicken Coconut Curry Jasmine Rice</p>	<p>4</p> <p>Cheeseburgers Tater Tots Broccoli</p>	<p>5</p> <p>Bronzed Salmon Rice Pilaf Green Beans</p>	<p>6</p> <p>Cajun Chicken G.F. Pasta Garlic Bread</p>
<p>9</p> <p>Grilled Cheese Tomato Soup Roasted Brussel Sprouts</p>	<p>10</p> <p>Flora's Chicken Tinga Rice Jicama Salad</p>	<p>11</p> <p>Shepard's Pie Twice Baked Potatoes</p>	<p>12</p> <p>Southwest Grilled Chicken Burger Black Bean and Corn Salad</p>	<p>13</p> <p>Shoyu Ramen Bowls With Rice Noodle</p>
<p>16</p> <p>Martin Luther King Jr. Day</p> <p>No Classes</p>	<p>17</p> <p>Professional Development Day</p> <p>No Classes</p>	<p>18</p> <p>Chicken Tikka Masala Basmati Rice Roasted Vegetables</p>	<p>19</p> <p>Fish Tacos Chipotle Slaw Roasted Zucchini</p>	<p>20</p> <p>Assorted Gluten Free Pizza Steamed Broccoli</p>
<p>23</p> <p>GF Baked Pasta Sautéed Corn Garlic Bread</p>	<p>24</p> <p>Chinese New Year</p> <p>Char Sui Pork Ginger Fried Rice Baby Bok Choy</p>	<p>25</p> <p>Bronzed Salmon Caesar Salad</p>	<p>26</p> <p>Chipotle Chicken Tacos Roasted Vegetables Jicama Slaw</p>	<p>27</p> <p>Italian Beef Sandwiches French Fries Spicy Zucchini</p>
<p>30</p> <p>Chana Masala Jasmine Rice Curried Cauliflower</p>	<p>31</p> <p>Chili Con Carne With Fixin' Bar</p>			

January 2023 Vegan

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Winter Break</p> <p>No Classes</p>	<p>3</p> <p>Thai Tofu Coconut Curry Jasmine Rice</p>	<p>4</p> <p>Black Bean Burgers Tater Tots Broccoli</p>	<p>5</p> <p>Roasted Cauliflower Apricot Couscous Green Beans</p>	<p>6</p> <p>Cajun Pasta Vegan Garlic Bread</p>
<p>9</p> <p>Grilled Vegan Cheese Tomato Soup Roasted Brussel Sprouts</p>	<p>10</p> <p>Vegan Strip Tinga Rice Jicama Salad</p>	<p>11</p> <p>Vegetable Shepard's Pie Twice Baked Potatoes</p>	<p>12</p> <p>Southwest Grilled Boca Burger Black Bean and Corn Salad</p>	<p>13</p> <p>Tofu Ramen Bowls</p>
<p>16</p> <p>Martin Luther King Jr. Day</p> <p>No Classes</p>	<p>17</p> <p>Professional Development Day</p> <p>No Classes</p>	<p>18</p> <p>Chana Masala Basmati Rice Roasted Vegetables</p>	<p>19</p> <p>Vegan Crumble Tacos Chipotle Slaw Roasted Zucchini</p>	<p>20</p> <p>Assorted Pizza Flatbreads Steamed Broccoli</p>
<p>23</p> <p>Pasta with Marinara Sautéed Corn Garlic Bread</p>	<p>24 Chinese New Year</p> <p>Vegan Bao Buns Ginger Fried Rice Baby Bok Choy</p>	<p>25</p> <p>Protein Power Salad Quinoa, Chickpea, Arugula, Avocado Dressing</p>	<p>26</p> <p>Black Bean Burritos Roasted Vegetables Jicama Slaw</p>	<p>27</p> <p>Roasted Vegeable Sandwiches French Fries Spicy Zucchini</p>
<p>30</p> <p>Chana Masala Jasmine Rice Curried Cauliflower</p>	<p>31</p> <p>Butternut Squash Chili With Fixin' Bar</p>			