



January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
7	8	9	10	11
Winter Break	Reg: Jumbo Beef Hot Dog Lg: Jumbo Beef hot Dog & Soup or Salad	Reg: Chicken/Cheese Quesadilla Lg: Chicken/Cheese Quesadilla & Soup or Salad	Reg: Pepperoni/Cheese Pizza Lg: Pepperoni/Cheese Pizza & Caesar Salad	Reg: Baked Pasta Lg: Baked Pasta & Soup or Salad
14	15	16	17	18
Reg: Roasted Pork Lg: Roasted Pork Tenderloin & Jasmine Rice	Sm: Spaghetti & Meatballs Lg: Spaghetti & Meatballs & Soup or Salad	Reg: Chicken Pot Pie Lg: Chicken Pot Pie & Soup or Salad	Reg: Hawaiian/Cheese Pizza Lg: Hawaiian/Cheese Pizza & Caesar Salad	Reg: Potato & Cheese Perogies Lg: Potato & Cheese Perogies with Soup or Salad
21	22	23	24	25
Reg: Montreal Smoked Meat Sandwich Lg: Montreal Smoked Meat Sandwich & Soup or Salad	Reg: Hamburger Lg: Hamburger & Fries	Reg: Baked Cheese Ravioli Lg: Baked Cheese Ravioli & Soup or Salad	Reg: Pepperoni/Cheese Pizza Lg: Pepperoni/Cheese Pizza & Caesar Salad	Fun Lunch Today Wylie's Café is closed for lunch service
28	29	30	31	
Reg: Macaroni & Cheese Lg: Macaroni & Cheese & Soup or Salad	Reg: Roast Beef & Gravy Lg: Roast Beef & Soup or Salad	Reg: Chicken Burger Lg: Chicken Burger & Soup or Salad	Reg: Hawaiian/Cheese Pizza Lg: Hawaiian/Cheese Pizza & Caesar Salad	

Nutrition Note: Baby it's cold outside! During winter's chill it is important to eat foods rich in vitamin D and/or take a daily supplement. Sources of vitamin D include: fatty fish, eggs, liver & mushrooms. Check with your doctor to ensure you and your family members are getting your required amount for optimum health.

We believe that good nutrition and a healthy lifestyle are essential to a child's growth, health and well-being. Chef Thuy and her team have worked hard to create fun, healthy, mostly organic meals that kids will enjoy, while providing convenience and peace of mind to busy, caring parents.