




SOUTH MIAMI LUTHERAN CHURCH SCHOOL

Catering By: Yummy In My Tummy



JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dec31 Christmas Break School Closed	Jan01 Christmas Break School Closed	Jan02 Baked Chicken Nuggets Roasted Seasonal Veggies Fresh Fruit Milk	Jan03 Turkey & Cheese Stackers Veggies & Hummus Fresh Fruit Milk	Jan04 Cheese Pizza on Spinach Crust w/ Tomato Sauce Veggies Chips Fresh Fruit Milk
Jan07 Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit Milk	Jan08 Sun Butter & Grape Jelly Sandwich, Baked Chips, Fresh Fruit Milk	Jan09 Honey Soy Glazed Chicken w/Veggie Fried Rice, Sauteed Veggies, Fresh Fruit Milk	Jan10 Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit Milk	Jan11 Cheese Pizza on Spinach Crust w/ Tomato Sauce Veggie Chips Fresh Fruit Milk
Jan14 Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit Milk	Jan15 Lean Beef & Cheese Burrito Black Beans, Roasted Veggies, Fresh Fruit Milk	Jan16 Baked Chicken Piccata, Roasted Seasonal Veggies, Roll, Fresh Fruit Milk	Jan17 Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit Milk	Jan18 Cheese Pizza on Spinach Crust w/ Tomato Sauce Veggies Chips Fresh Fruit Milk
Jan21 Martin Luther King Jr. Day  School Closed	Jan22 Baked Chicken Nuggets, Sauteed Broccoli & Garlic, Fresh Fruit Milk	Jan23 Lean Beef Sloppy Joe's , Roasted Seasonal Veggies, Fresh Fruit Milk	Jan24 Maple Mustard Glazed Sliced Turkey, Roasted Seasonal Veggies, Roll, Fresh Fruit Milk	Jan25 Cheese Pizza on Spinach Crust w/ Tomato Sauce Veggies & Low Fat Dip Fresh Fruit Milk
Jan28 Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit Milk	Jan29 Chicken Caprese, Roasted Seasonal Veggies, Roll, Fresh Fruit Milk	Jan30 Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit Milk	Jan31 Mojo Grilled Chicken w/Black Bean Salsa, Baked Plantains, Brown Rice, Fresh Fruit Milk	Feb01 Cheese Pizza on Spinach Crust w/ Tomato Sauce Veggies Chips Fresh Fruit Milk

VEGETARIAN OPTIONS ARE AVAILABLE EVERY DAY. IF INTERESTED, PLEASE LET THE OFFICE KNOW. ©