



Don't forget
to eat your
vegetables

Glendale Heights Lunch

January
2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

1

CLOSED

2

Chicken Nuggets
French Fries
Hot Corn

Canned Pineapple

3

Cheese Pizza
or
Pepperoni Pizza

Fruit & Vegetable Variety

6

Crispy Chicken Patty
Dill Wedges

Cauliflower
Canned Peaches

7

Maxx Sticks with Marinara
Peas & Carrots

Salad
Fresh Oranges

8

Breakfast for Lunch

Zucchini
Canned Mandarins

9

Spaghetti with Meatballs
Garlic Bread
Green Beans

Salad
Fresh Grapes

10

Cheese Pizza
or
Meat Lover's Pizza

Fruit & Vegetable Variety

13

Cheesebread with
Marinara
Hot Carrots

Salad
Fresh Apples

14

Cheeseburger with
Potato Salad

Cucumbers
Canned Mixed Fruit

15

Chicken Patty
Tater Tots

Broccoli
Fresh Bananas

16

Corn Dog on a Stick
Hot Buttered Corn

Jicama
Fresh Kiwi

17

Cheese Pizza
or
Sausage Pizza

Fruit & Vegetable Variety

20

Turkey Bacon Ranch Wrap

Cherry Tomatoes
Canned Peaches

21

Harvest of the Month
Pulled Pork Sandwich
COLLARDS

Celery Sticks
KIWI

22

POPCORN DAY!!
Popcorn Chicken Bowl
(mashed, corn, gravy,
cheese)

Salad
Canned Mandarins

23

Hot Ham and Cheese
Sandwich

Baby Carrots
Red Pepper
Canned Sliced Apples

24

Cheesy Italian Flat Bread
or
Meat and Cheese Italian
Flatbread

Fruit & Vegetable Variety

27

Cheeseburger
with Waffle Fries

Hot Peas
Fresh Apples

28

Quesadilla with Beans &
Rice

Salad
Canned Mixed Fruit

29

Sweet/Sour Chicken Bites
with Rice

Broccoli
Fresh Bananas

30

Lasagna Roll Up
Peas

Salad
Fresh Plum

31

Cheese Pizza
or
Pepperoni Pizza

Fruit & Vegetable Variety

32

33

34

Pancakes
Egg Patty
Sausage Patty

35

36