



01/06

Hot Entrée

**Teacher
In Service
Day**

Salad
Bar, Soup
and
Calzones

Salad

01/07

Hot Entrée

Cheese Quesadilla
Chicken Quesadilla
Brisket Quesadilla

Fried Brown Rice

Salsa
Sour Cream

Salad

Southwest Salad

01/08

Hot Entrée

Spaghetti

Gluten Friendly
Spaghetti

Marinara Sauce
Meat Sauce

Garlic Bread

Broccoli

Salad

Caesar Salad

01/09

Hot Entrée

Salisbury Steak

Mushroom Steak

Mashed Potato's

Grilled Asparagus

Salad

Garden Salad

01/10

Hot Entrée

Scrambled eggs

Tofu Scramble

Hashbrowns

Yogurt and
Granola

Salad

Fruit Salad

If you have questions or special dietary needs please contact Amber Rybarczyk at
Amber.Rybarczyk@Compass-usa.com



01/13

Hot Entrée

Warm Turkey Club

Warm Tofu Club

Broccoli Salad

Mandarin Oranges

Salad

Pasta Salad

01/14

Hot Entrée

Sweet and Sour
Chicken

Sweet and Sour
Tofu

Udon Noodles

Roasted Pineapple

Broccolini

Salad

01/15

Hot Entrée

Sloppy Joes

Veggie Joes

French Fries

Roasted
Carrots

Salad

Cole Slaw

01/16

Hot Entrée

Get Swavory
Grapefruit

Coconut Beef

Coconut Jackfruit

Grapefruit Smoothie

Jasmini Rice

Salad

Jicama, Grapefruit
Salad

01/17

Hot Entrée

Chicken Tenders

Plant Based
Tenders

Roasted Sweet
Potato

Carrots/Celery
With Ranch

Salad

Garden Salad

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01/20

Hot Entrée

Hot Dogs

Veggie Dogs

Kale Chips

Potato Salad

Orange Wedges

Salad

Bean Salad

01/21

Hot Entrée

Nacho's

Beef Or Veggies

Cheese Sauce

Guacamole, Salsa,
Sour Cream & Beans

Salad

Tomato & Corn
Salad

01/22

Hot Entrée

Chicken Parmesan

Egg Plant Parmesan

Garlic Pasta

Bread Sticks

Ratatouille

Salad

Antipasto Salad

01/23

Hot Entrée

Baked Potato

Turkey Chili

Lentil Chili

Cheese Sauce

Roasted Broccoli

Salad

Spinach Salad

01/24

Hot Entrée

Grilled Cheese

Tomato Soup

Roasted
Cauliflower

Apple Slices

Salad

Macaroni Salad

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01/27

Hot Entrée

Cheeseburger
Garden Burger
Wheat Bun
Lettuce, Tomato
And Pickles
Chips
Cole Slaw

Salad

Spinach Salad

01/28

Hot Entrée

Cheese Tortellini
Gluten Free Pasta
Marinara Sauce
Alfredo Sauce
Garlic Broccoli

Salad

Garden Salad

01/29

Hot Entrée

Lunar New Year
Soy Ginger
Marinated Chicken
Soy Ginger Tofu
Brown Rice
Spring Rolls

Salad

Rice Noodle Salad

01/30

Hot Entrée

Pepperoni Pizza
Cheese Pizza
Gluten Friendly
Pizza
Parmesan Broccoli
Apple Slices

Salad

Caesar Salad

01/31

Hot Entrée

Hot Chocolate Day
Ham and Cheese
Egg Scramble
Veggie Egg
Scramble
Roasted Potatoes
Sauteed Spinach

Salad

Fruit Salad

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