

# January 2019 Lunch Menu

## Tuesday

8

Tomato Basil Soup  
(Tomato, Zucchini),  
Cheese  
WGR Breadstick  
Kiwi

15

Green Salad  
(Grated Parsnips) w/  
Dressing  
WGR Breadstick  
Hard Boiled Egg  
Mini Apples

22

Chowder  
(Potato, Turnip, Car-  
rot)  
Cheese Stick  
WGR Roll  
Mandarins

29

Split Pea Soup  
(Carrots, Celery, Ru-  
tabaga)  
Mixed Crackers  
Apple Quarters

## Wednesday

9

BYO Taco Day  
(Ground beef,  
Beans, Salsa,  
Cheese, Lettuce,  
Corn Tortillas)  
Peaches

16

Tuna Salad Sand-  
wich on WGR  
Bread  
Carrot Sticks w/  
Dip  
Mixed Melon

23

Un-fried Brown Rice  
(Egg, Vegetables,  
Teriyaki sauce)  
Green Salad w/  
Dressing  
Pineapple Tidbits

30

Cowboy Mac  
(WGR Pasta, Parsnip,  
Corn, Beans,  
Cheese)  
Breadstick  
Bananas

## Thursday

10

Pulled Chicken  
WGR Pretzel Bun w/  
BBQ sauce  
Roasted Parsnips  
Orange Slices

17

Shepherd's Pie  
(Turkey, Rutaba-  
ga, Potato, Peas,  
Carrots)  
WGR Roll  
Bananas

24

BYO Sub Sandwich  
Day (WGR Hoagie  
Bun, Pesto Spread,  
Turkey, Cheese, To-  
matoes & Lettuce)  
Applesauce

31

Turkey and Cheese  
Sandwich on WGR  
Bread  
Carrot/Celery w/  
Dip  
Peaches

## Friday

11

WGR Soft Pretzel  
Hummus  
Cheese Stick  
Cauliflower/Broccoli  
Pears

18

White Chicken Chili  
(Corn, Bell Pepper,  
Onion)  
Corn Muffins  
Tropical Fruit

25

Chicken Salad  
Celery Logs  
Butterfly Crackers  
Pears

## Winter Root Vegetables

Root vegetables have been part of the human diet for nearly 5 million years! They are full of nutrients, are extremely versatile, and cost effective! We are focusing on parsnips, turnips, and rutabagas in the classroom. Try them this month with your family at home, too!

### Parsnips

Parsnips are a wonderful fall and winter treat! Slice and add to a stir-fry; add to soups and stews like potatoes; or peel or grate to add to salads and wraps.



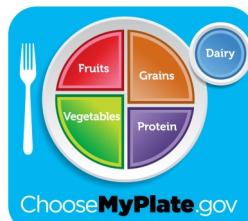
### Turnips

Turnips are a great all-season vegetable. You can eat them raw in the spring and early summer with salt and pepper or in salads. You can chop them to add to soups and stews in the fall and winter. Add cooked turnips to mashed potatoes for extra flavor; roast them with carrots and other roots for a hearty side dish!



### Rutabagas

Rutabagas are a kitchen secret – they add extra flavor, spice, and zing to dishes. Boil them with your potatoes for mashed potatoes; or slice them very thin, sprinkle with salt, pepper and olive oil, and roast at 400 degrees for 15 - 20 minutes for rutabaga chips!



"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50% whole grains.  
"WW" means "Whole Wheat" and specifies that the item contains 100% whole wheat.

No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every lunch.

