

# JANUARY 2009

## RALPH C. MAHAR REGIONAL SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
			 <b>No School</b>	 <b>No School</b>
5. Chicken Burger, Oven Fries, Peas <b>OR</b> Mega Salad bar  5-a-day bar	6. <b>SMORGASBORD!</b>  Loads of Choices!  5-a-day bar	7. American Chop Suey <b>OR</b> Hot Dog On roll Steamed Veggies  5-a-day bar	8. Baked Potato Bar Cup - o - soup Dinner roll Apricot Cobbler  5-a-day bar	9. Meatball Sub <b>OR</b> Stuffed Crust Pizza Tossed salad  5-a-day bar
12. Chicken Parmesan <b>OR</b> Grab -n-go Chef salad Buttered Noodles Green beans Garlic Bread Sticks 5-a-day bar	13. Shepherd's Pie <b>OR</b> Taco Salad Bar Dinner Roll Applesauce cake  5-a-day bar	14. School Pizza *Cheese *Chick-broccoli *Hawaiian Greek Salad 5-a-day bar	15. Buffalo Chicken Wrap Potato Chips <b>OR</b> Mega Salad Bar  5-a-day bar	16. Macaroni & Cheese! Peas <b>OR</b> grab-n-go Chicken Caesar Salad <b>OR</b> Pizza  5-a-day bar
19.  <b>Martin Luther King Day</b>   <b>No School</b>	20. Chili and Cheese Corn bread <b>OR</b> MYO Nacho Boat  5-a-day bar	21. Spaghetti & Meatballs, Garlic Bread, tossed salad, yellow cake  5-a-day bar	22. Turkey Fricassee Rice or Potato Stuffing, Green Beans, , fresh roll <b>OR</b> Grab-n-go Chef salad 5-a-day bar	23. Sloppy Joes! French Fries! Apple, Oatmeal Cookie  5-a-day bar
26. Chicken Tenders! BBQ sauce or honey, Tater Tots, Steamed carrots, grapes 5-a-day bar	27. Lasagna! Garlic Bread Stick <b>OR</b> Pizza  5-a-day bar	28. Baked Chicken, potato, broccoli, Gravy, dinner roll, cranberry sauce <b>OR</b> Asian Noodle bar 5-a-day bar	29. Ham & Cheese Stromboli! <b>OR</b> Taco Salad Bar Carrot sticks & dip  5-a-day bar	30. Cheeseburgers! Lettuce & tomato, Potato Chips, pickle <b>OR</b> Italian Dunkers 5-a-day bar