

DOTY LUNCH MENU

JANUARY 2019!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SPECIAL NOTES
12/31	1/1	1/2	1/3	1/4 <i>New Year's Lunch!</i>	<p><i>For this month's International Lunch we'll celebrate New Year's food traditions from multiple countries:</i></p> <p>Cotechino con Lenticchie is a lentil and sausage dish from Italy. The lentil's coin like shape is thought to symbolize prosperity and in many countries it's considered lucky to eat pork at New Year's, as pigs symbolize progress. In some countries even sweets are made in the shape of pigs, like Germany's marzipan pigs.</p> <p>Cornbread from the American South (It's all about the gold!)</p> <p>Kale Salad Greens, having the color of money, are considered auspicious in the American South.</p> <p>Grapes In Spain, Portugal, and the Philippines it's considered lucky to eat 12 grapes at the stroke of midnight.</p> <p>Risengryn Grod is a Norwegian rice pudding, and a similar rice pudding is eaten in Sweden as well called Julgrot. (It's especially lucky to find the hidden almond or raisin!)</p>
<p>★ ★ ★ ★ ★ ★ ★ ★</p> <p>HAPPY</p> <p>NEW</p> <p>YEAR!!</p> <p>★ ★ ★ ★ ★ ★ ★ ★</p>	<p>PIZZA-cheese or pepperoni</p> <p>Tossed Salad</p> <p>Soup</p> <p>Fruit</p> <p>1% or Skim Milk</p>	<p>CHEESE QUESADILLAS</p> <p>Black Bean Soup</p> <p>Broccoli</p> <p>Fruit</p> <p>1% or Skim Milk</p>	<p>COTECHINO CON LENTICCHIE (lentils and sausage)</p> <p>Cornbread</p> <p>Kale Salad</p> <p>Baby Carrots</p> <p>Risengryn Grod (rice pudding)</p> <p>Grapes</p> <p>1% or Skim Milk</p>		
1/7	1/8	1/9	1/10	1/11	
<p>BUTTERED NOODLES</p> <p>With sauce and cheese options</p> <p>Peas</p> <p>Braised Cabbage</p> <p>Fruit</p> <p>1% or Skim Milk</p>	<p>BROCCOLI CHEDDAR SOUP</p> <p>Homemade Roll</p> <p>Veggie Sticks with Hummus</p> <p>Fruit</p> <p>1% or Skim Milk</p>	<p>PIZZA- veggie or cheese</p> <p>Tossed Salad</p> <p>Soup</p> <p>Fruit</p> <p>1% or Skim Milk</p>	<p>CHICKEN BURRITOS</p> <p>Black Bean, Corn, and Pepper Salad</p> <p>Buttered Winter Squash</p> <p>Fruit</p> <p>1% or Skim Milk</p>	<p>SHEPHERD'S PIE</p> <p>Tossed Salad</p> <p>Fruit</p> <p>Cookie</p> <p>1% or Skim Milk</p>	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SPECIAL NOTES
1/14 MAC AND CHEESE Broccoli Fruit 1% or Skim Milk	1/15 BRUNCH!! EGG, HAM, AND CHEESE BAKE Roasted Root Vegetables Blueberry Crumb Cake Fruit 1% or Skim Milk	1/16 PIZZA-cheese or pepperoni Good ♥ Salad Soup Fruit 1% or Skim Milk	1/17 CHICKEN FRIED RICE Green Beans Baby Carrots Fruit 1% or Skim Milk	1/18 PULLED PORK SANDWICHES Baked Beans Crunchy Slaw Fruit 1% or Skim Milk	LOCAL FOODS ON OUR MENU THIS MONTH WILL INCLUDE: Good Heart Farm: <i>** At this coldest and darkest time of the year we're so fortunate to be able to anticipate serving Worcester grown salad greens, hopefully by mid to late January. Since late December, we've been waiting for greens to regenerate in Good Heart Farm's greenhouses.**</i> Stearns Hoof and Hay Farm: beef and sausage from grass fed cattle North Country Smokehouse: nitrite and preservative free ham and turkey Morse Farm: maple syrup Bee Haven Honey Farm: honey! VT Grown Apples
1/21 ☆ <i>Food for thought:</i> "Be a bush if you can't be a tree. If you can't be a highway, just be a trail. If you can't be a sun, be a star. For it isn't by size that you win or fail. Be the best of whatever you are." -MLK ☆ ☆ MARTIN LUTHER KING DAY	1/22 TEACHERS' INSERVICE DAY "The time is always right to do what is right." -MLK	1/23 PIZZA-veggie or cheese Good ♥ Salad Soup Fruit 1% or Skim Milk	1/24 BEANS AND RICE With salsa, cheese, and sour cream Veggie Sticks Fruit 1% or Skim Milk	1/25 BEEF STEW Cream Biscuits Tossed Salad Fruit 1% or Skim Milk	

PRICES **KIDS:** Lunch \$3.75 / Breakfast \$2.75 (Reduced price meals: FREE) **ADULTS:** Lunch or Breakfast \$4.75

Please maintain a POSITIVE BALANCE in your child's food service account. WE ACT ON A DEBIT SYSTEM and your child's account will be deducted for each meal, or drink ordered. You may **pay online** or drop off a check or cash, clearly marked, at the office.

You are very welcome to come eat a meal with your student. Please make sure to call us in the morning so we can add you to our lunch count. 223-5656 ext. 143. Thank you!