Bon Appétit!

The FRidge

January - 2023

Happy New Year!

Mon Tue Wed Thu F

January 2, 2023

Last Day of Winter Break No Food Service



No School

January 9, 2023

<u>Pasta Monday</u>

Soup—Chef's Choice

Pasta with Choice of Vegetable Marinara Sauce, Meatballs, or Alfredo Sauce Served with Roasted Vegetables, Garlic Bread, and Caesar Salad

*Gluten-Free Available at Chef's Window



Dessert - Chef's Choice

January 16, 2023

No School Martin Luther King Jr. Day



January 23, 2023
Grilled Cheese Sandwiches
Soup – Roasted Tomato

Choice of Grilled Cheese or Ham and Cheese. Served with Fruit and Tossed Caesar Salad *Gluten-Free Bread Available at Chef's Window



Dessert - Lemon Bars

January 30, 2023
Italian Cuisine Day
Soup—Chef's Choice

Pasta with Choice of Vegetable Marinara Sauce, Meatballs, or Alfredo Sauce Served with Roasted Vegetables, Garlic Bread, and Caesar Salad

*Gluten-Free Available at Chef's Window



Dessert - Chef's Choice

January 3, 2023

No Food Service

All-Employee Retreat



January 10, 2023 <u>Soft Shell Tacos</u> Soup—Chef's Choice

Choice of Grilled Chicken and Cheese, Ground Beef and Cheese or Refried Bean and Cheese Soft Shell Tacos Served with Tortilla Chips, Chef Prepared Guacamole, and Salsa *Gluten-Free Tortillas Available at Chef's Window



Dessert - Chefs Choice

January 17, 2023

No School
Faculty In-Service Day



January 24, 2023
Fajitas
Soup—Beef Taco

Flour or Corn Tortillas with Choice of Chicken, Steak, or Roasted Vegetables. Served with Spanish Rice, Refried Beans, Pico de Gallo, Shredded Cheese, Chef Prepared Gucamole, and Sour

Cream
Gluten-Free Available at Chef's Window



Dessert—Chefs Choice

January 31, 2023 Quesadillas Soup—Chef's Choice

Grilled Tortillas with Choice of Grilled "N/E" Chicken Breast or Cheese with Roasted Vegetables, Spanish Rice, Refried Beans, Tortilla Chips Served with Guacamole and Salsa "Gluten Free Available at the Chef's Window



Dessert - Chefs Choice

January 4, 2023
Pizza, Pizza, Pizza
Soup—Minestrone

Choice of Cheese,
Pepperoni, Hawaiian or
Vegetable Pizza
Served with Green Salad
Two slices per person

*Guten Free Available at Chef's Window



Dessert - Chef's Choice

January 11, 2023 Hotdogs and Bratwurst Soup—Chili

Choice of Beef Hotdog, Bratwurst, or Field Roast Hotdog with a Hotdog bun Served with Grilled Onions, Mushrooms, Assorted Condiments, Green Salad, and Chips 'Gluten Free Available at the Chef's Window



Dessert - Chefs Choice

January 18, 2023

<u>Build-Your-Own Salad</u>

Soup - Chicken Dumpling

Choice of Grilled Chicken Thighs, Steak, or Roasted Vegetables. Served with Mixed Greens, Romaine, with All the Salad Fixings, Choice of Various Dressings, and Bread Roll



Dessert - Chefs Choice

January 25, 2023 Breakfast for Lunch Soup - Chef's Choice

Chicken & Waffles, Cheese Blintz, Scrambled Eggs, Hashbrowns, Sausage, Bacon Served with Fresh Fruit, Yogurt, and FRidge Brown Butter Maple Granola



Dessert - Assorted Pastries

February 1, 2023

<u>Build-Your-Own "Poké" Bowl</u>

Soup - Miso Soup

Choice of Salmon, Imitation Crab, or Marinated Beets over Rice Served with Lettuce, Seaweed Salad, Pickled Cucumbers and Other Various Toppings



Dessert - Chefs Choice

January 5, 2023
New Country Buffet
Soup - Chefs Choice

Choice of Roast Pork Loin or Herb Chicken, Roasted Potatoes, Gravy, Kernel Corn, Roasted Vegetables, FRidge Bakery Biscuits, and Green Salad



Dessert — Chefs Choice

January 12, 2023
Curry Around the World
Soup—Chefs Choice

Choice of Butter Chicken, Japanese Beef Curry, or Vegetable Thai Green Curry Served with Roasted Vegetables and Rice



Dessert — Mango Pudding

January 19, 2023 <u>Loaded Fries Bar</u> Soup—Chef's Choice

Choice of Chicken or Vegetarian Option on Top of a Variety of Fries Loaded with Chili, Cheese Sauce, Gravy, Bacon, and Other Various Toppings



Dessert - Chef's Choice

January 26, 2023 Vietnamese Pho Day

Vermicelli Rice Noodles with Choice of Pork, Chicken, or Vegetable Served with Pho Broth, Assorted Toppings, and Tofu or Shrimp Summer Rolls



Dessert - Mango Pudding

February 2, 2023
Lunar New Year Cuisine
Year of the Rabbit

Special Menu TBD



January 6, 2023
<u>Fish Fry Day</u>
Soup – Clam Chowder

Choice of Chicken Tenders, Baked Cod, or a Vegetarian Entrée Served with Fries and Tossed Caesar Salad



Dessert — Chewy Gooey Cookies

January 13, 2023 <u>Fish Fry Day</u> Soup – Clam Chowder

Choice of Chicken Tenders, Baked Cod, or a Vegetarian Entrée Served with Fries and Tossed Caesar Salad



Dessert — Chewy Gooey Cookies

January 20, 2023
Fish Fry Day
Soup – New England Style
Clam Chowder

Choice of Chicken Tenders, Baked Cod, or a Vegetarian Entrée Served with Fries and Tossed Caesar Salad



Dessert — Chewy Gooey Cookies

January 27, 2023
Fish Fry Day
Soup – Clam Chowder

Choice of Fried Chicken, Baked Cod, Salmon, or Vegetable Cro Entrée Served with Fries and Tossed Caesar Salad



Dessert — Chewy Gooey Cookies

February 3, 2023
Fish Fry Day
Soup – New England Style
Clam Chowder

Choice of Chicken Tenders, Baked Cod, or a Vegetarian Entrée Served with Fries and Tossed Caesar Salad



Dessert — Chewy Gooey Cookies