

# Ourdes January Featured Lunch Menu


*Presented by Navin Bros. Food Service Inc.*

	<b>Navin Healthy Grade</b>	<b>Wraps, Salads, &amp; More</b>	<b>From the Hot Line</b>	<b>Panini of the Day</b>
<b>Monday</b> 1/4	Lemon & Herb Chicken w/ Rice Pilaf & Fresh Baby Spinach	Chicken Ranch Wrap Fresh Mozz & Tomato Salad over Flatbread	Chicken Tempura Cheese Ravioli w/ Bread Stick	Pastrami and Chesse Panini
<b>Tuesday</b> 1/5	Whole Wheat Pasta Salad w/ Fresh Veggies & Low Fat Dressing	American Combo Wrap Large Tossed Salad	Hot & Spicy Chicken Cutlet Popcorn Chicken	BBQ Grilled Chicken Panini
<b>Wednesday</b> 1/6	Grilled Chicken w/ Roasted Vegetables and Fresh Mozzarella	Chicken Mandarin Wrap BLT Pita	Chicken Tenders Macaroni & Cheese w/ Bread Stick	Italian Panini
<b>Thursday</b> 1/7	Grilled Lemon Chicken over Rice & Beans	Grilled Chicken Caesar Wrap Egg Salad Pita	Pasta w/ Marinara & Meatballs Big Daddy Pizza	Steak & Cheese Panini
<b>Friday</b> 1/8	Fresh Strawberries, Pecans and Mixed Greens with a Fat Free Vinaigrette Dressing	Antipasto Salad Honey Mustard Chicken Pita	Bosco Sticks Sweet & Sour Pork	Roast Beef w/ Caramalized Onions

**If you have a food allergy, please speak to the Cafeteria Manager.**

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<b>Monday</b> 1/11	Fresh Orzo Salad w/ Chicken  Greek Salad w/ Feta & Whole Wheat Bread Stick	Turkey, Lettuce, Tomato Pita W/ Hummus  Cape Cod Salad (Spinach, Pine Nuts & Cranberries)	Chicken Tempura  Cheese Lasagna w/ Sauce & Breadstick	Southwestern Chix Panini w/ Cilantro Pesto
<b>Tuesday</b> 1/12	Tuna over Fresh Mixed Greens & Flatbread	Spicy Chicken Wrap w/ Lettuce & Tomato  Romaine Salad w/ Strawberries & Sugar Pecans	Popcorn Chicken  Cheese Ravioli Breadsticks	Pastrami and Cheese Panini
<b>Wednesday</b> 1/13	Veggie Burger with Side Salad	Chicken Caesar Salad  Fresh Mozzarella & Tomato Salad over Flatbread	Turkey Dinner  Chicken Tenders	American Combo Panini
<b>Thursday</b> 1/14	Grilled Chicken with Roasted Vegetables & Fresh Mozzarella	Chef Salad  Turkey Club Pita	Cheese Calzone  Quesadillas (Chicken, Bacon, Ham)	Chicken Pesto Panini
<b>Friday</b> 1/15	Veggie Burger with Mesculin Salad	Whole Wheat Pasta Salad w/ Fresh Roasted Veggies  Chicken Teriyaki Pita	Turkey Dinner  Chicken Tenders	Tuna Melt Panini

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<b>Monday</b> 1/18	Dr. Martin Luther King Jr. Day - No Classes			
<b>Tuesday</b> 1/19	Whole Wheat Pasta Salad w/ Fresh Veggies & Low Fat Dressing	American Combo Wrap Large Tossed Salad	Hot & Spicy Chicken Cutlet Popcorn Chicken	BBQ Grilled Chicken Panini
<b>Wednesday</b> 1/20	Grilled Chicken w/ Roasted Vegetables and Fresh Mozzarella	Chicken Mandarin Wrap BLT Pita	Chicken Tenders Macaroni & Cheese w/ Bread Stick	Italian Panini
<b>Thursday</b> 1/21	Grilled Lemon Chicken over Rice & Beans	Grilled Chicken Caesar Wrap Egg Salad Pita	Pasta w/ Marinara & Meatballs Big Daddy Pizza	Steak & Cheese Panini
<b>Friday</b> 1/22	Fresh Strawberries, Pecans and Mixed Greens with a Fat Free Vinaigrette Dressing	Antipasto Salad Honey Mustard Chicken Pita	Bosco Sticks Sweet & Sour Pork	Roast Beef w/ Caramalized Onions

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<b>Monday</b> 1/25	School Exams – Manager’s Choice			
<b>Tuesday</b> 1/26	School Exams – Manager’s Choice			
<b>Wednesday</b> 1/27	School Exams – Manager’s Choice			
<b>Thursday</b> 1/28	School Exams – Manager’s Choice			
<b>Friday</b> 1/29	Grading Day – No School			

This Menu is a sampling of each day’s offerings. A variety of additional food sides and entrees (both hot and cold) are offered on a rotating daily basis. We also offer a large variety of healthy beverages, snacks, and “grab n’ go” selections on a daily basis.

Our mission is to offer the finest of healthy foods and beverages available at the lowest possible cost, prepared in a sanitary environment by the best food service professionals in the area.

Navin Bros. Food Service exclusively offers products with Zero Trans Fat. Menu items are subject to change.

**If you have a food allergy, please speak to the Cafeteria Manager.**