

# Alief Montessori Community School

## January 2021 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
				Jan - 1 Winter Break
Jan - 4 Staff Development Day	Jan - 5 Cheese Burger French Fries Baby Carrots Baked Beans Peaches Milk, 1% or Fat Free	Jan - 6 Fish Sticks Macaroni/Cheese Green Beans Mixed Fruit Milk, 1% or Fat Free	Jan - 7 Fajita Chicken Strips Spanish Rice Pinto Beans Carrots Peaches Milk, 1% or Fat Free	Jan - 8 Cheese Pizza Celery Sticks Potato Tater Tots Apple Milk, 1% or Fat Free Ranch Dressing
Jan - 11 BBQ Chicken Sandwhich Baby Carrots Mixed Salad Peaches Milk, 1% or Fat Free	Jan - 12 Chicken Chili Crispito Spanish Rice Pinto Beans Mixed Salad Mixed Fruit Milk, 1% or Fat Free	Jan - 13 Chicken alfredo noodle Hot Roll Corn Baked Beans Peaches Milk, 1% or Fat Free	Jan - 14 Chicken Nuggets Macaroni/Cheese Baby Carrots Mixed Fruit Milk, 1% or Fat Free	Jan - 15 Turkey/Cheese Sandwich French Fries Baby Carrots Oranges Milk, 1% or Fat Free
Jan - 18 Martin Luther King Holiday	Jan - 19 Spaghetti/Turkey Corn Green Beans Garbanzo Beans Peaches Milk, 1% or Fat Free	Jan - 20 Turkey Nachos Cheese Sauce Baked Beans Corn Mixed Fruit Milk, 1% or Fat Free	Jan - 21 Cheese Burger French Fries Baby Carrots Applesauce Milk, 1% or Fat Free	Jan - 22 Cheese Pizza Potato Tater Tots Corn Apple Milk, 1% or Fat Free
Jan - 25 Oven Baked Chicken Drumsticks Mashed Potatoes Pinto Beans Peaches Milk, 1% or Fat Free	Jan - 26 Fish Sticks Macaroni/Cheese Green Beans Mixed Fruit Milk, 1% or Fat Free	Jan - 27 Chicken alfredo noodle Hot Roll Corn Carrots Peaches Milk, 1% or Fat Free	Jan - 28 Fajita Chicken Strips Spanish Rice Baked Beans Mixed Salad Mixed Fruit Milk, 1% or Fat Free	Jan - 29 Turkey/Cheese Sandwich French Fries Baby Carrots Orange Juice Milk, 1% or Fat Free

Assistance available in English and Spanish. Please call 877-TEX-MEAL (877-839-6325) for help.

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Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410  
Fax: (202) 690-7442; or  
Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient.

**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.