

January

2020

Congregation Beth Israel

Lunch menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Hamburger Sliders Sweet Potato Fries Carrots Apples	7 Soft beef tacos Beans & rice fruit Veg: bean tacos	8 Tortellini w/ Marinara Bread Sticks Green Beans Fruit	9 Spaghetti & meatballs garlic bread veggie meatballs and GF pasta Fruit	10 Pizza	11
12	13 Grilled cheese chicken noodle soup, carrots & celery w/ranch , fruit	14 Taco Tuesday	15 Chicken & Rice Casserole Broccoli/Cauliflower Fruit	16 Beef lasagna, garlic bread, broccoli veggie lasagna fruit	17 Pizza	18
19	20 MLK Day	21 Taco Tuesday	22 Fish Sticks Roasted Broccoli Mac & Cheese Fruit	23 Chicken and waffles, carrots & celery w/ranch tofu and waffles fruit	24 Pizza	25
26	27 Beef chili, cornbread, roasted veggies veggie chili fruit	28 Taco Tuesday	29 Swedish Meatballs Buttered Noodles Green Beans Fruit	30 King Ranch casserole, beans, salad, veggie King Ranch fruit	31 Pizza	