

January 2025

LUNCH MENU

Guidepost Montessori

GF – Gluten Free DF – Dairy Free V – Vegetarian EF– Egg free				
2	3	4	5	3
6	7	8	9	10
No Haute Lunch	Beef Tacos DF EF Cilantro Rice GF DF EF V Beans GF DF EF V Fruit *Veggie Taco	Pork Lo Mein DF EF Broccoli GF DF EF V Fruit *Tofu	Chicken & Dumplings Peas GF DF EF V Fruit *Chickn'	Cheese Pizza Day!!! Fresh Veggie Salad GF DF V EF Fruit
13	14	15	16	17
Broccoli, Cheese, Rice Caserole GF EF V Fruit	Chicken Tortilla Soup GFEF Roasted Vegetables GF DF EF V Fruit *Veggie Tortilla Soup	Turkey Meatloaf DF Mashed Potatoes GF EF V Peas GF DF EF V Fruit	Pasta & Meatballs GF DF EF Green Beans DF V GF EF Fruit *Veggie balls	Pulled pork sliders Coleslaw Tater Tots GF DF EF V
20	21	22	23	24
MLK Day!!! No Haute Lunch	Soft Chicken Tacos DF EF Corn Salad GF DF V EF Fruit *Chickn'	Hot Italian Beef Veggie Straws GF DF EF V fruit *Hot Italian Mushroom	Turkey Chili GF DF V EF Cornbread Veggies DF V EF Fruit *Veggie Chili	Cheese Pizza Day!!! Fresh Veggie Salad GF DF V EF Fruit
27	28	29	30	31
Beef Stew DF EF Cornbread DF V Fruit *Tofu	Cheese Enchiladas GF V Rice & V+Beans GF DF EF V Fruit	Chicken Pot Pie Veggies GF DF EF V Fruit *Veggie Pot Pie	Turkey Cubanos EF V platanos GF DF V EF veggies GF DF V EF Fruit *Tofurkey	Teriyaky Pork DF Stir Fry Veggie GF DF V EF Rice GF DF V EF Fruit *veggie