



FOUNDED 1970

**THE NEW SCHOOL**  
MONTESSORI

JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7</p> <p><i>Chicken Curry</i> <i>Cheese Curry</i> <i>Thai Red Curry</i> <i>Basmati Rice</i> <i>Tender Peas</i></p>	<p>8</p> <p><i>Turkey Meatloaf</i> <i>Veggie Nut Loaf</i> <i>Mashed Potatoes</i> <i>Green Beans</i> <i>Sweet Peaches</i></p>	<p>9</p> <p><i>Cheddar Turnovers</i> <i>Alphabet Soup</i> <i>Broccoli Rice Bake</i> <i>Steamed Edamame</i> <i>Tuna Salad</i></p>	<p>10</p> <p><i>Tacos on Top</i> <i>Stuffed Poblanos</i> <i>Blackened Chicken</i> <i>Refried Beans</i> <i>Fantastic Fixin's</i></p>	<p>11</p> <p><i>Lemon-Herb Cod</i> <i>Panko-Crusted Tofu</i> <i>Cheese Tortellini</i> <i>Garlic Broccoli</i> <i>Strawberry Jammer</i></p>
<p>14</p> <p><i>Black Bean Chili</i> <i>African Peanut Stew</i> <i>Brown Rice</i> <i>Golden Cornbread</i> <i>Kale Salad</i></p>	<p>15</p> <p><i>Chicken Paprikash</i> <i>Mushroom Stroganoff</i> <i>Egg Noodles</i> <i>Cheese Cubes</i> <i>Applesauce</i></p>	<p>16</p> <p><i>Wrap 'n' Roll It!</i> <i>Thrilling Fillings</i> <i>Savory Bean Soup</i> <i>Veggie Quiche</i> <i>Quinoa Salad</i></p>	<p>17</p> <p><i>Protoplasmic Pasta</i> <i>Bowtie or Penne</i> <i>Spinach Pesto Sauce</i> <i>Roasted Romas</i> <i>Caesar Salad</i></p>	<p>18</p> <p><i>Baked Turkey Breast</i> <i>Baked Tofurky Too</i> <i>Mashed Potatoes</i> <i>Sweet Corn</i> <i>Hummingbird Cake</i></p>
<p>21</p> <p><b>NO SCHOOL</b></p> <p><b>Martin Luther King Jr. Day</b></p>	<p>22</p> <p><i>Cincy Style Turkey or Lentil Chili 3-Way</i> <i>Oyster Crackers</i> <i>Creamy Coleslaw</i> <i>Stuffed Grape Leaves</i></p>	<p>23</p> <p><i>Pizza Party!</i> <i>Cheese Pizza</i> <i>Pesto Pizza</i> <i>Alfredo Pizza</i> <i>Garlic Broccoli</i></p>	<p>24</p> <p><i>Tantalizing Tacos</i> <i>Cheese Enchiladas</i> <i>Refried Beans</i> <i>Fiesta Rice</i> <i>Fixins' Fixins' Fixins'</i></p>	<p>25</p> <p><i>Hot Diggity Dog</i> <i>Veggie Pups Too!</i> <i>Mac 'n' Cheese</i> <i>Sweet Peas</i> <i>Apple Streusel Pie</i></p>
<p>28</p> <p><i>Bagels &amp; Cream Cheese</i> <i>Chicken Noodle Soup</i> <i>Puff Pastry Tart</i> <i>Steamed Asparagus</i> <i>Candy Salad</i></p>	<p>29</p> <p><i>Red Beans-n-Rice</i> <i>Chicken Barbeque on a Bun</i> <i>Broccoli Salad</i> <i>Turkey Cubes</i> <i>Creamy Yogurt</i></p>	<p>30</p> <p><i>Breakfast for Lunch</i> <i>French Toast Bake</i> <i>Eggs'n'Cheese</i> <i>Breakfast Sausage</i> <i>Cinnamon Oatmeal</i></p>	<p>31</p> <p><i>Pasta Power</i> <i>Penne or Spaghetti</i> <i>Tasty Meatballs</i> <i>Green Beans</i> <i>Italian Slaw</i></p>	

Every Day Choices May Include:

Turkey, Cheese or Tofu Cubes

Green Salad

Vegetarian Soup or Entrée

Whole Wheat Bread

Creamy Peanut Butter

2% White Milk

Menu Subject To Change Without Notice