



# January 2023 Lunch Menu

**Café Hours: M-F 6:30-AM – 3:00 PM**  
 Serving Hot Breakfast 6:30AM to 9:30 AM  
 Serving Hot Lunch: 11 AM to 1:30 PM

<p>2nd          Smothered Pork Chops w/ Onion Gravy  <b>Grilled Zucchini</b>  <b>Potato Medley</b>  <b>Grilled Vegetable Tower</b>  <b>Beef &amp; Cheddar Sandwich</b>          Smokey Poblano Soup</p>	<p>3rd          Chicken or Beef Soft Tacos  <b>Fiesta Black Beans</b>          Sanchez Rice  <b>Fresh Guacamole</b> w/ Tortilla Chips  <b>Grilled Chicken Sandwich</b>          California Medley Soup</p>	<p>4th          Assorted Pizzas  <b>Garden Salad</b>          Breadstick with Marinara  <b>Veggie Pizza</b>  <b>Hot Ham &amp; Swiss</b>          Vegetarian Chili</p>	<p>5th  <b>Bruschetta Chicken</b>  <b>Grilled Zucchini &amp; Squash</b>          Garlic Bread  <b>Pesto Tortellini w/ Broccoli &amp; Roasted Red Peppers</b>  <b>Grilled Turkey &amp; Cheddar Sandwich</b>          French Onion Soup</p>	<p>6th          Shrimp Scampi  <b>Fresh Broccoli</b>          Long Grain Rice  <b>Shells Florentine</b>  <b>Tuna Melt</b>          Vegetable Beef Soup</p>
<p>9th  <b>Chicken with Herbed Mushroom Sauce</b>  <b>Roasted Carrots</b>          Rice Pilaf  <b>Cheese Ravioli w/ Marinara</b>  <b>Hot Ham &amp; Swiss Sandwich</b>          Potato Soup</p>	<p>10th          Beef or Chicken Enchiladas  <b>Fiesta Black Beans</b>          Sanchez Rice  <b>Vegetable Portobello Pizza</b>  <b>Beef &amp; Cheddar Sandwich</b>          Spicy Thai Soup</p>	<p>11th          Cuban Panini          Apple Pecan Salad w/Maple Dijon Dressing  <b>Sweet Potato Fries</b>  <b>Caprese Panini</b>  <b>Chicken Tenders</b>          Kickin' Kale Soup</p>	<p>12th          Chicken Parmesan w/ Marinara          Steamed Broccoli          Fettuccini Noodles  <b>Eggplant Parmesan</b>  <b>California Grilled Cheese</b>          Cheeseburger Soup</p>	<p>13th  <b>Salmon Patty</b> w/ Dill Sauce  <b>Brussel Sprouts</b>          Roasted Baby Bakers  <b>Vegetable Lasagna</b>  <b>Chipotle Grilled Cheese</b>          Tomato Basil Soup</p>
<p>16th          Pineapple BBQ Meatballs  <b>Fresh Vegetable Medley</b>          Hawaiian Fried Rice  <b>Spinach Stuffed Portobello</b>  <b>Beef &amp; Cheddar</b>          Broccoli Cheddar Soup</p>	<p>17th          Beef or <b>Chicken Taco Salad</b>  <b>Fiesta Black Beans</b>          Sanchez Rice  <b>Fresh Mango &amp; Pineapple Salsa</b> w/Tortilla Chips  <b>Grilled Veggie Burger</b>          Mushroom Brie</p>	<p>18th          Meatloaf          Southern Style Green Beans          Mashed Potatoes &amp; Gravy  <b>Eggplant Parmesan</b>  <b>Patty Melt</b>          Butternut Squash Soup</p>	<p>19th          BBQ Chicken  <b>Roasted Parmesan Cauliflower</b>          Baked Sweet Potato Half  <b>Cheese Ravioli</b>  <b>Grilled Chicken Sandwich</b>          Buffalo Chicken Soup</p>	<p>20th  <b>Teriyaki Glazed Salmon</b>          Roasted Carrots  <b>Roasted Red Potatoes</b>  <b>Shells Florentine</b>  <b>Bratwurst</b>          Sanchez Soup</p>
<p>23rd  <b>Smothered Chicken</b>  <b>Steamed Broccoli</b>  <b>Roasted Sweet Potatoes</b>  <b>Cheese Ravioli w/ Marinara</b>  <b>Hot Ham &amp; Swiss Sandwich</b>          Sweet Pepper &amp; Beef Soup</p>	<p>24th          Chicken or Beef Fajitas  <b>Fiesta Black Beans</b>          Sanchez Rice  <b>Shells Florentine</b>  <b>BLT Sandwich</b>          Italian Wedding Soup</p>	<p>25th          Pecan Crusted Pork Loin  <b>Fresh Vegetable Medley</b>  <b>Parslied Red Potatoes</b>  <b>Grilled Veggie Bake</b>  <b>Tuna Melt</b>          Vegetable Beef Soup</p>	<p>26th  <b>Build a Potato &amp; Sweet Potato</b> Bar w/ Assorted Toppings  <b>Chipotle Grilled Cheese</b>          Tomato Basil Soup</p>	<p>27th  <b>Grilled Citrus Cod</b>  <b>Grilled Zucchini</b>  <b>Pearled Couscous</b>  <b>Pesto Tortellini w/Broccoli &amp; Roasted Red Peppers</b>  <b>Corn Dogs</b>          Potato Soup</p>
<p>30th          Goulash          Caesar Salad          Garlic Bread  <b>Mushroom Stroganoff</b>  <b>Patty Melt Sandwich</b>          Smokey Poblano Soup</p>	<p>31st  <b>Chicken or Shrimp Tacos w/Lime Slaw</b>  <b>Fiesta Black Beans</b>          Sanchez Rice  <b>Fresh Guacamole</b> w/Tortilla Chips  <b>Corn Dogs</b>          Chicken &amp; Rice Soup</p>			<div style="border: 1px solid black; padding: 5px;"> <p>*Healthier Items highlighted in <b>green</b>          * Vegetarian option in <b>Yellow</b>          * Grab &amp; Go option in <b>Aqua</b></p> </div>