



January 2016 Lunch Menu

Due December 15th

All hot lunches include a salad bar, water and 2% hormone free and humane certified milk from Red Barn Family Farms in Northeast and Central Wisconsin. Bag lunches also include 2% hormone free and humane certified milk. At CWES salad dressings and soups are homemade, all ground beef and hamburgers are sourced from local farmers within 15 miles of the center, milk is from Red Barn Family Farms, coffee for teachers is organic and from Ruby Coffee in Nelsonville, spices are organic and from Frontier, some of our eggs are produced on site from the TRCCS chickens and some of the salad bar fixings are from our organic garden based on season. We are working to incorporate more locally sourced food every year. For over 30 years CWES has hosted, and continues to host schools from Central Wisconsin for environmental education programs.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 	28 	29 	30 	31 	1 	2 
WINTER BREAK						
3	4 HOT LUNCH Chicken tenders, green beans, hash brown patty, bananas <i>Veg. opt: Chick nuggets</i>	5 HOT LUNCH Hard shell tacos, rice, corn, mandarin oranges <i>Veg. opt: Taco lentils</i>	6 HOT LUNCH Grilled cheese, tomato soup, crackers, peas, pears	7 HOT LUNCH French toast, bacon, fresh apple slices, yogurt, carrots <i>Veg. opt: Veggie links</i>	8 Two hard-boiled eggs, buttered bread, trail mix, celery sticks, orange	9
10	11 HOT LUNCH Chicken alfredo, broccoli, garlic breadstick, pineapple <i>Veg. opt: Veg. alfredo</i>	12 Taco wrap w/lettuce, cheese, & sauce, oranges, tostado chips, peas <i>Veg. opt: Black bean wrap</i>	13 Bagel w/peanut butter, celery sticks, apple slices, string cheese	14 Pita bread with hummus, carrots, cucumbers, broccoli, shredded cheese, apple slices	15 HOT LUNCH Pepperoni calzone, broccoli w/cheese sauce, pears <i>Veg. opt: Cheese calzone</i>	16
17	18 HOT LUNCH Chicken tenders, flavored mashed potatoes, peas & carrots, applesauce <i>Veg. opt: Chick nuggets</i>	19 HOT LUNCH Soft shell tacos, corn rice, mandarin oranges <i>Veg. opt: Taco lentils</i>	20 HOT LUNCH Spaghetti w/meat sauce, garlic breadstick, green beans, pineapple <i>Veg. opt: Meatless sauce</i>	21 HOT LUNCH Cheese pizza, broccoli w/cheese sauce, pears	22 NO SCHOOL	23
24	25 Chicken wrap w/lettuce, cheese, & ranch, cucumber slices, oranges, yogurt <i>Veg. opt: Chick wrap</i>	26 Taco wrap w/lettuce, cheese, & sauce, tostado chips, apple slices, peas <i>Veg. opt: Taco lentil wrap</i>	27 Two hard-boiled eggs, buttered bread, trail mix, celery sticks, pears	28 Flavored rice, carrot chips, string cheese, oranges	29 Cheese pizza quesadilla, broccoli, apples, pretzels	30
31						