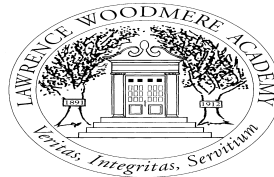


# LWA CAFE' DINING HIGHLIGHTS



**Jan 2010**

*Soup*  
*Entrée*  
*Starch*  
*Vegetable*  
*Specialty Salad*  
*Sandwich*  
*Dessert*

<p><b>Monday Jan 4</b> Chicken Noodle Arroz con Pollo Southwest Biscut Mexi-corn Cucumber Salad Buffalo Chicken Wrap Cron Bread</p>	<p><b>Tuesday Jan 5</b> Split Pea Soup Taco Tuesday White Rice Assorted Toppings Tuscan Bread Salad Grilled Vegetable Wrap Brownies</p>	<p><b>Wednesday Jan 6</b> Tortellini Soup Cheese Quesadilla Chrcken Quesadilla Roasted Veg. Cole Slaw Egg Salad (made to order) Jello</p>	<p><b>Thursday Jan 7</b> Chicken Rice Spaghetti and Meatballs Garlic Bread Steamed Veg Greek Salad Chicken Salad Fruit Cup</p>	<p><b>Friday Jan 8</b> Hearty Vegetable Chicken Patty on a Bun French Fries Steamed Baby Carrots Chef's Choice Salami and Cheese Pie</p>
<p><b>Monday Jan 11</b> Beef Barley Baked Ziti Garlic Bread Steamed Vegetables Cucumber Salad Grilled Vegetable Wrap Pineapple Chunks</p>	<p><b>Tuesday Jan 12</b> Tomato Rice Roast Pork Roasted Potatoes String Beans Macaroni Salad Mini American Hero Peach Halves</p>	<p><b>Wednesday Jan 13</b> Italian Wedding Soup Chicken Cacciatore Rice Roasted Veg. Caesar Salad Egg Salad (made to order) Chocolate Cream Pie</p>	<p><b>Thursday Jan 14</b> Chichen Veg. Cheese Ravioli Bread Broccoli Greek Salad Chicken Cake</p>	<p><b>Friday Jan 15</b> Onion Suop Chicken Tenders Fries Vegetable Medley Chef Salad Hero Sandwich Pudding</p>
<p><b>Monday Jan 18</b> Martin Luther King Day School Closed</p>	<p><b>Tuesday Jan 19</b> Cream of Mushroom Chicken Wings/Beef Pattie Fries Peas Greek Salad Salami and Cheese Fruit Cup</p>	<p><b>Wednesday Jan 20</b> Chicken Noodle Gyro/ Chicken Slovakia Rice Steamed Broccoli Cucumber Salad Grilled Vegetable Wrap Jell-O</p>	<p><b>Thursday Jan 21</b> Black Bean Soup Baked Macaroni &amp; Cheese Potato Knish Green Beans Chicken Caesar Salad Tuna Salad Brownie</p>	<p><b>Friday Jan 22</b> Vegetable Rice Brunch For Lunch  Pie</p>
<p><b>Monday Jan 25</b> Minestrone Soup Sweet and Sour Chicken Rice Pilaf Mixed Vegetables Taco Salad Grilled Vegetable Wrap Fruit Cup</p>	<p><b>Tuesday Jan 26</b> 3 Bean Suop Beef Eye Round Roasted Potatoes Broccoli  Chicken Salad Pudding</p>	<p><b>Wednesday Jan 27</b> Chicken Noodle Penne in Pink Sauce Garlic Bread Steamed Baby Carrots Caesar Salad Santa Fe Chicken Wrap Brownies</p>	<p><b>Thursday Jan 28</b> Split Pea Lemon Chicken Rice String Beans Cucumber Salad Egg Salad Peach Halves</p>	<p><b>Friday Jan 29</b> Onion Soup Big Hero Day Macaroni Salad Potato Salad  Egg Salad Pineapple Chunks</p>

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**For The Health Conscious:** We also have available Grilled Breast of Chicken, Garden Burgers and Turkey Burgers, Low Fat Yogurts and Muffins as well as Reduced Calorie Dressings

