

Saint Thomas Hot Lunch Menu

January 16-27, 2012

Monday	Tuesday	Wednesday	Thursday	Friday
16 Beefy Nachos Black Bean and Corn Salsa <hr/> <u>B Lunch:</u> Grilled Ham & Cheese → <hr/> <u>C Lunch Soup:</u> Tomato Soup →	17 Braised Locally Raised Pork BBQ Sandwich Sweet Potatoes	18 Whole Wheat Spaghetti with Tomato Sauce Breadsticks	19 Pizza Green Beans	20 Macaroni And Cheese* Honey Carrot Coins*
23 Otto's Locally Raised Chicken Drumstick* Mashed Potatoes* <hr/> <u>B Lunch:</u> Chicken Caesar Salad <hr/> <u>C Lunch Soup:</u> Chili →	24 Sloppy Joes Potato Wedges	25 Cuban Sandwich Black Beans and Rice	26 Pizza Tossed Salad*	27 Grilled Cheese Sweet Potatoes

* Jamie Oliver's Food Revolution Recipes

All lunches are served with Moo-Ville milk: a local, family run dairy farm in Nashville, Michigan.

Items on food bar this month:

Romaine Lettuce
 Cheddar Cheese
 Croutons
 Carrots

Vanilla Yogurt
 Homemade Granola
 Fresh Apples
 Fresh Oranges

Fresh Pears
 Carolina Slaw
 Hummus
 Whole Wheat Tortillas

We will be trying a new sandwich this month, the Cuban sandwich. You can help explain to your child what exactly it is and help get them excited about trying new foods from different places.

The Cuban sandwich is pretty basic and any child given the opportunity should enjoy it. Ours will be a toasted sandwich of freshly made Cuban bread, ham, freshly roasted pork, pickles, Swiss cheese and mustard. Yum!