



| Mon | Tue | Wed | Thu | Fri |
|--|--|---|---|---|
| | | | | 1 New Year's Day No School |
| 4 Choose 1: Mac & Cheese Cobb Salad (Bacon, Blue Cheese, Chicken, Egg) Turkey & Cheese on whole wheat | 5 Choose 1: Arroz Cubano w/ Meatballs Chicken Cesar Salad Ham & Cheese on whole wheat | 6 Choose 1: Asian Rice with Mini Egg rolls Cobb Salad (Bacon, Blue Cheese, Chicken, Egg) Italian Sub (Salami, Prosciutto, Provolone) | 7 Choose 1: Hamburger on whole wheat Chicken Cesar Salad Tuna Salad on whole wheat | 8 Choose 1: Cheese or Salami Pizza w/ whole wheat crust Bowtie Pasta Salad w/ Tuna Honey Mustard Chicken Salad on whole wheat |
| 11 Choose 1: Chicken Nuggets Chicken Cesar Salad Tuna Salad on whole wheat | 12 Choose 1: Lasagna Cobb Salad (Bacon, Blue Cheese, Chicken, Egg) Honey Mustard Chicken Salad Sandwich | 13 Choose 1: Hot Dogs Bowtie Pasta Salad w/ Tuna Italian Sub (Salami, Prosciutto, Provolone) | 14 Choose 1: Beef Stroganoff Chicken Cesar Salad Turkey & Cheese on whole wheat | 15 Choose 1: Cheese or Salami Pizza w/ whole wheat crust Chicken Cesar Salad Ham & Cheese on whole wheat |
| 18 Choose 1: Martin Luther King Jr. No School | 19 Choose 1: Asian LoMein Chicken Cesar Salad Ham & Cheese on whole wheat | 20 Choose 1: Pasta with Chicken Primavera Cobb Salad (Bacon, Blue Cheese, Chicken, Egg) Italian Sub (Salami, Prosciutto, Provolone) | 21 Choose 1: Meatball Subs Chicken Cesar Salad Tuna Salad on whole wheat | 22 Choose 1: Cheese or Salami Pizza w/ whole wheat crust Bowtie Pasta Salad w/ Tuna Honey Mustard Chicken Salad on whole wheat |
| 25 Choose 1: Chicken Nuggets Chicken Cesar Salad Tuna Salad on whole wheat | 26 Choose 1: Beef Stroganoff Cobb Salad (Bacon, Blue Cheese, Chicken, Egg) Honey Mustard Chicken Salad Sandwich | 27 Choose 1: Lasagna Bowtie Pasta Salad w/ Tuna Italian Sub (Salami, Prosciutto, Provolone) | 28 Choose 1: Italian Sausage Chicken Cesar Salad Turkey & Cheese on whole wheat | 29 Choose 1: Cheese or Salami Pizza w/ whole wheat crust Chicken Cesar Salad Ham & Cheese on whole wheat |

Parsnip & Curry Soup

Ingredients(Serves 4)

2 Onions, chopped
3 tbs. butter
1 tbs. curry powder
2 lbs. parsnips, peeled, chopped
Salt & freshly ground pepper

Procedure:

Place onion, butter and curry powder in a large sauce pan. Cook over a medium heat for 2-3 minutes or until soft. Stir in the parsnips and cook, stirring often for 10 minutes. Add 6 cups of water and cook for 30 minutes or until the parsnips are tender. Set aside for 10 minutes to cool slightly. In batches place the mixture in a food processor and process till smooth. Transfer to a clean saucepan, and stir over medium heat until heated through. Season with salt and pepper and serve with crusty bread.