



# Al-Madinah School

## **JANUARY 2019**

### **LUNCH MENU**



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beef stew w/ brown rice, celery (3 oz), carrots (4 oz) & onions (3 oz)	2 BBQ chicken w/ rice, sautéed spinach (4 oz), peas (2 oz) & carrots (2 oz)	3 Penne pasta w/ meat sauce & sautéed green peas (4 oz)	4 Pizza pie w/ three-bean salad (4 oz) & cherry tomatoes (2 oz)
<b>SCHOOL CLOSED FOR WINTER RECESS JANUARY 7 – 11</b>				
14 Beef burger on whole wheat bun, American cheese, mashed potatoes (4 oz) & baby carrots (4 oz)	15 Breaded fish sandwich, potato chips (2 oz), iceberg lettuce (3 oz) & cherry tomatoes (2 oz)	16 Sesame chicken w/ rice, peas (3 oz) & carrots (3 oz)	17 Rotini pasta w/ broccoli (4 oz) & baby carrots (2 oz)	18 Beef hot dog w/ French fries (2 oz), pinto beans (4 oz) & cherry tomatoes (2 oz)
21 Chili con carne w/ rice, slice of whole wheat bread, cheddar cheese, green peppers (2 oz), red peppers (2 oz) & cherry tomatoes (2 oz)	22 Turkey pastrami sandwich, American cheese, iceberg lettuce (2 oz), baby carrots (2 oz), cucumber slices (4 oz) & hash brown potatoes (2 oz)	23 Chicken Biryani w/ chick pea salad (4 oz), red peppers (2 oz), green peppers (2 oz) & onions (2 oz)	24 Macaroni & cheese w/ broccoli (4 oz) & baby carrots (4 oz)	25 Pizza pie w/ cut corn (4 oz) & cherry tomatoes (4 oz)
28 Tuna fish sandwich, sweet potato fries (4 oz), cucumber slices (2 oz), iceberg lettuce (2 oz), cherry tomatoes (2 oz) & celery (2 oz)	29 Meat loaf w/ mashed potatoes (4 oz), peas (4 oz) & carrots (4 oz)	30 Chicken cutlet w/ white beans (4 oz), hash brown potatoes (4 oz) & cucumber slices (4 oz)	31 Meatballs w/ spaghetti, broccoli (4 oz) & cherry tomatoes (2 oz)	
Lunch is served with a choice of peanut butter and jelly sandwich, 1% milk and fat-free chocolate milk, fresh fruit or canned fruit.				

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866)632-9992. Submit your completed form or letter to USDA by:

1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D. C. 20250-9410

2. fax: (202)690-7442 or, 3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.