



# Al-Madinah School

## **DECEMBER 2018**

### **LUNCH MENU**



Monday	Tuesday	Wednesday	Thursday	Friday
3 Chili con carne w/ brown rice, slice of bread, cheddar cheese, green peppers (2 oz), red peppers (2 oz) & cherry tomatoes (4 oz)	4 Jerk chicken w/ brown rice, black beans (4 oz) & collard greens (4 oz)	5 Tuna fish sandwich on whole wheat roll, mesclun lettuce (2 oz), celery (2 oz), cucumbers (2 oz), tomatoes (2 oz) & potato chips	6 Meat lasagna w/ ricotta cheese & garlic string beans (4 oz)	7 Pizza pie cut corn (4 oz) & baby carrots (4 oz)
10 Hot dog, French fries (4 oz), black beans (4 oz), celery (2 oz) & cherry tomatoes (2 oz)	11 Chicken cutlet sandwich w/ whole wheat roll, cucumbers (4 oz), white beans (4 oz) & tater tots (2 oz)	12 Philly cheese steak sandwich w/ green peppers (2 oz), onions (2 oz) & mashed potatoes (4 oz)	13 Macaroni w/ cheese, broccoli (4 oz) & baby carrots (4 oz)	14 Sicilian pizza w/ orange glazed baby carrots (4 oz) & cherry tomatoes (2 oz)
17 Beef gyro w/ whole wheat wrap, green peppers (2 oz), red peppers (3 oz) & onions (2 oz)	18 Beef burger on whole wheat bun w/ American cheese, baby carrots (4 oz) & mashed potatoes (4 oz)	19 Mozzarella sticks, slice of whole wheat bread, marinara sauce (2 oz) sautéed green peas (2 oz) & black beans (4 oz)	20 Chicken cacciatore w/ pasta, broccoli (4 oz), green peas (2 oz) onions (2 oz) & cut corn (4 oz)	21 Pizza pie, cut corn (4 oz) & cherry tomatoes (4 oz)
24 Beef taco shell, Spanish rice, Romaine lettuce (2 oz), salsa (2 oz), onions (2 oz), celery (2 oz) & black beans (4 oz)	25 Chicken fajita w/ whole grain tortilla, Spanish rice, salsa (2 oz) onions (2 oz) & green peppers (2 oz)	26 Turkey burger w/ iceberg lettuce (2 oz), tomatoes (2 oz) & sweet potato fries (4 oz)	27 Falafel balls w/ whole wheat pita bread, tahini sauce, mixed greens (4 oz), tomatoes (4 oz) & cucumbers (2 oz)	28 Pizza pie w/ hot confetti corn (4 oz) & baby carrots (2 oz)
31 Turkey pastrami sandwich, American cheese (1 oz), Romaine lettuce (2 oz), baby carrots (2 oz) & hash brown potatoes (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.

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Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D. C. 20250-9410

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