



Hot Lunch Menu
Thornton Donovan School
January 2-31 2018

RE -Register your child for 2nd Lunch session today! <http://tds.lunchinhand.net>

Monday	Tuesday	Wednesday	Thursday	Friday
1 Happy 2018!	2 Hamburgers or Cheese Burgers served on Whole Wheat Rolls w/ Tater Tots, Garden salad and pickles K – 1st grade Beef sliders Vegetarian: Veggie patties	3 Pasta Bar- Selection of: Bowtie pasta plain, with Marinara (red) sauce on side, Penne pasta with “Pink sauce” and Tortellini Alfredo served with Whole Wheat Bread and Broccoli	4 Cheese Pizza & Pepperoni Pizza served with Carrots and Celery Sticks	5 Beef or Chicken Fajitas served Spanish Rice, cheese, mild salsa & sour cream K – 2nd g Chicken Tenders Vegetarian: Peppers/Veggies
8 Chicken Patties on Whole Wheat rolls served with shoestring fries, raw veggie sticks. Vegetarian: Veggie patty	9 House-made Macaroni & Cheese served with Market green salad and Corn bread	10 Cheese Quesadillas or Chicken & Cheese Quesadillas served with Spanish Rice, Salsa & Sour Cream	11 Breakfast for Lunch: Scrambled Eggs served with Bacon or Turkey Sausage, French Toast & Syrup. Served with Yogurt and fruit salad Vegetarian: Nut free granola and Greek yogurt	12 Salmon Filet served with red roasted potatoes and Broccoli Kindergarten – 5th g Chicken Tenders
15 MLK Day	16 Taco Tuesday: Beef or chicken tacos served with mixed cheese, Spanish rice, lettuce and sour cream Vegetarian: Veggie bean Early Bird discount deadline	17 House made Chicken Noodle Soup and vegetables served with Grilled Cheese sandwich or Cheese and Turkey sandwich. Vegetarian: Minestrone S	18 Baked Ziti served with Market Green Salad and whole wheat Bread K – 1 grade plain Ziti with cheese and sauce on the side.	19 Jamaican Beef or Chicken Patties served with rice and Garden green salad Vegetarian Patties K – 5 grade Chicken Tenders
22 Italian Chicken Cutlets served with curly pasta, Caesar salad and garlic bread Nursery – 1st grade Chicken Tenders Vegetarian: House-made pizza	23 Chicken breast with BBQ glaze served with mashed potatoes and cucumbers. K – 1st g roast Chicken breast Vegetarian: BBQ tofu	24 Hot Dogs (all beef frankfurters) served with Whole Grain Rolls, Couscous Garden Green salad, and Baked Beans Vegetarian: Smart dogs	25 Stir Fried Chicken Dumplings served with Asian Noodles, Broccoli Vegetable Dumplings	26 Pasta Bar- Selection of: Bowtie pasta plain, with Marinara (red) sauce on side, Penne pasta with “Pink sauce” and Tortellini Alfredo served with Whole Wheat Bread and Green beans End of Fall Winter Lunch Session
29 Hamburgers or Cheese Burgers served on Whole Wheat Rolls w/ Tater Tots, Garden salad and pickles N – 1 st gr Beef sliders Veggie P Start of Lunch Session 2	30 Pasta Bolognese (Meat sauce) served on penne pasta with broccoli and whole wheat baguettes Vegetarian: Caesar salad	31 Breakfast for Lunch: Scrambled Eggs served with Bacon or Turkey Sausage, French Toast & Syrup. Served with Yogurt and fruit salad Veg: granola	Lunch in Hand reserves the right to change a lunch without notice.	All lunches are served with fruit dessert - 4 times a week + 1 sweet dessert

If you have a Food Allergy, please speak to the owner of Lunch In Hand, manager or chef.

Fruit: Bananas, Fruit Salad, Grapes, Apples, Orange wedges, Cantaloupe, Pineapple. 'Sweet' Dessert: Cookie, Cake, Pudding, Yogurt

You can ask for an alternative lunch on any day – we must know at least 24 hours in advance. Alternative lunches are Roast Chicken and plain pasta

Our Chicken is Anti-biotic & hormone free. **None of our food is fried or artificial we do not buy anything with preservatives.**

Local Farmers market Apples. Bread products from a shop that is Nut – Free

Any questions regarding the menu or online ordering call 914-380-5084 or email lunchinhand@gmail.com More information www.lunchinhand.com