

BHMS Lunch Menu

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
7 No School	8 Cucumbers Turkey and Rice Soup Herb and Cheese Biscuits Oranges	9 Assorted Sweet Peppers Italian Sausages with Mashed Potatoes Steamed Broccoli Grapes	10 Chef's Salad Chicken Cacciatore with Pasta Apples	11 Baby Carrots Battered Haddock with Golden Rice Peas Bananas
14 Tossed Salad with Orange Vinaigrette Pasta in Marinara Sauce, Steamed Green Beans Oranges	15 Cucumber Slices Chicken Breast Strips Rice Pilaf, Steamed Peas and Carrots Apples	16 Baby carrots Meatball and Spinach Soup Herb and Cheese Biscuits Bananas	17 Garden Salad with Orange Vinaigrette Chickpea Curry with Rice Grapes	18 Tomato and Cucumber Salad Lemon Salmon and Roasted Potatoes Fruit Bowl
21 Caesar Salad with Olives Spaghetti & Meatballs in Tomato Sauce Apples	22 Cucumber Slices Cream of Leek and Potato Soup Herb and Cheese Biscuits Banana Bread	23 Baby Carrots Chicken, Broccoli, Cauliflower and Rice Casserole Melons	24 Sweet Peppers Chickpea Curry Couscous Banana	25 Tossed Salad Battered Haddock Hand Cut Fries Grapes
28 Baby Carrots Rotini Pasta in Marinara Sauce Steamed Green Beans Grapes	29 Chef's Salad Chicken Divan Steamed Rice Peas & Carrots Apples	30 Chickpea and Lemon Salad Cream of Tomato and Carrot Soup Grilled Cheese Sandwiches Bananas	31 Garden Salad Battered Haddock Hand Cut Fries Oranges	

About BHMS lunches

1. The Lunch Program is available for the Toddler to Junior High students
2. 2% milk served daily
3. Menu is subject to change

Bishop Hamilton
Montessori School

