

Lu-Hi January Featured Menu

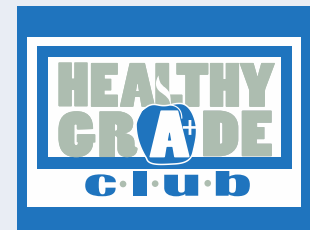
Proudly Presented by Navin Bros. Food Service

Date	Navin Healthy Grade	Wraps, Salads, & More	From the Hot Line	Panini/ Special
Mon 1/2	No School	No School	No School	No School
Tues 1/3	Grilled Chicken on 7 Grain Roll L&T	Spicy Popcorn Chicken Wrap w/ Blue Cheese L&T	Chicken Bowl	Chicken Cutlet Parmesan Panini
Wed 1/4	WW Pizza w/ Broccoli	Fresh Made Soup with ½ Panini	Pasta w/ Marinara Meatballs & Garlic Bread	Grilled Chicken w/ Tomato & Swiss Panini
Thurs 1/5	Whole Wheat Pita with Vegetables	Greek Salad with Chicken	Big Daddy's Pizza	Spicy Chicken Cutlet with Pepperjack Panini
Fri 1/6	Grilled Chicken w/ Bruschetta & Side Salad	Chicken Tenders w/ Tomato Lettuce & Cheese	Chicken Fritters	Chicken Cutlet w/ Roasted Peppers & Mozzarella

In addition to the published featured menu, the following offerings are available on a daily basis:

- Manager's Choice of Additional Hot Entrees, Sandwiches, and Other Prepared Foods
- Assorted Cold Salads, Wraps, & Sandwiches
- Low Fat Yogurt Parfaits with Fresh Fruit and Granola
- Fresh Sliced Fruit Cups as well as Whole Fruit
- Fresh Vegetables with Dipping Sauce
- Fresh Baked Goods

Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness.
If you have a food allergy, please speak to the Cafeteria Manager.
Menu Subject to Change.



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Date	Navin Healthy Grade	Wraps, Salads, & More	From the Hot Line	Panini/ Special
Mon 1/9	Stir Fry Chicken and Vegetables over Rice	Popcorn Chicken with Bacon & Cheddar Wrap	Chicken Bowl	Breaded Chicken cutlet with Bacon & American Cheese
Tues 1/10	Vegetable Crudités Platter	Soup & ½ Panini	Personal Pizza in a Box	Broccoli Roll
Wed 1/11	Stuffed Whole Wheat Veggie Pita	Roast Beef & Pepperjack w/ L&T	Popcorn Chicken	Chicken Bruschetta & Mozzarella Panini
Thurs 1/12	Lean Quesadilla	Turkey Twister Wrap	Tacos with Fixings	Chicken Parmesan Roll
Fri 1/13	Roasted Chicken with Rice & Broccoli	Fresh Mozzarella & Tomato Salad	Mozzarella Sticks with Dipping Sauce	Italian Combo Panini

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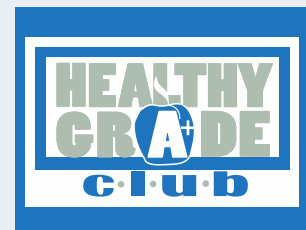
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Date	Navin Healthy Grade	Wraps, Salads, & More	From the Hot Line	Panini/ Special
Mon 1/16	Martin Luther King, Jr. Day	Martin Luther King, Jr. Day	Martin Luther King, Jr. Day	Martin Luther King, Jr. Day
Tues 1/17	Grilled Chicken on 7 Grain Roll L&T	Spicy Popcorn Chicken Wrap w/ Blue Cheese L&T	Spicy Popcorn Chicken	Chicken Cutlet Parmesan Panini
Wed 1/18	Breakfast Only	Breakfast Only	Breakfast Only	Breakfast Only
Thurs 1/19	Breakfast Only	Breakfast Only	Breakfast Only	Breakfast Only
Fri 1/20	Breakfast Only	Breakfast Only	Breakfast Only	Breakfast Only

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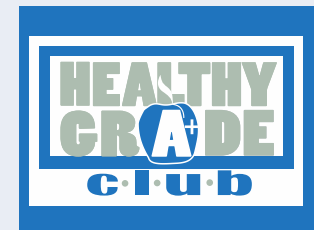
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Date	Navin Healthy Grade	Wraps, Salads, & More	From the Hot Line	Panini/ Special
Mon 1/23	No Service	No Service	No Service	No Service
Tues 1/24	Vegetable Crudités Platter	Soup & ½ Panini	Personal Pizza in a Box	Broccoli Roll
Wed 1/25	Stuffed Whole Wheat Veggie Pita	Roast Beef & Pepperjack w/ L&T	Popcorn Chicken	Chicken Bruschetta & Mozzarella Panini
Thurs 1/26	Lean Quesadilla	Turkey Twister Wrap	Tacos with Fixings	Chicken Parmesan Roll
Fri 1/27	Roasted Chicken with Rice & Broccoli	Fresh Mozzarella & Tomato Salad	Mozzarella Sticks with Dipping Sauce	Italian Combo Panini

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Date	Navin Healthy Grade	Wraps, Salads, & More	From the Hot Line	Panini/ Special
Mon 1/30	Whole Wheat Pita with Vegetables	Greek Salad with Chicken	Big Daddy's Pizza	Spicy Chicken Cutlet with Pepperjack Panini
Tues 1/31	Grilled Chicken w/ Bruschetta & Side Salad	Chicken Tenders w/ Tomato Lettuce & Cheese	Chicken Fritters	Chicken Cutlet w/ Roasted Peppers & Mozzarella

Our Mission is to offer the finest of healthy foods and beverages available at the lowest possible cost, prepared in a sanitary environment by the finest food service professionals in the area.

Navin Bros. Food Service exclusively offers products w/ zero trans fat.

If you have a food allergy, please speak with the cafeteria manager.

Please direct any questions or concerns regarding the food service program to jmnavin@navinbros.com. Your feedback is always appreciated

