



Eat locally.  
Impact globally.

# Lafayette Prep Lunch Menu • January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/1 <b>NO SCHOOL</b> <b>Winter Break</b>	1/2 <b>NO SCHOOL</b> <b>Winter Break</b>	1/3 Penne with Meaty Marinara <i>L</i> (OR: Marinara Sauce) <i>VL</i> Green Salad with Ranch Dressing Fresh Grapes	1/4 Black Bean Soup <i>VL</i> Cheddar Cheese Cubes Corn Tortilla Chips Applesauce Double Chocolate Cookie	1/5 Turkey Sandwich <i>L</i> (OR: Veggie Sandwich) <i>VL</i> Veggie Dippers with Ranch Banana
1/8 Cheesy Potato Soup <i>VL</i> Wheat Roll <i>L</i> Green Salad with Ranch Dressing Fresh Fruit Salad	1/9 BBQ Chicken Wrap (OR: BBQ Tofu Wrap) <i>VL</i> Cucumber Slices with Ranch Dressing Applesauce	1/10 Hot Dog* <i>L</i> (OR: Grilled Cheese Sandwich) <i>VL</i> Baked Beans Corn Cobbette <i>L</i> Banana	1/11 Roast Beef Sandwich <i>L</i> (OR: Veggie Sandwich) <i>VL</i> Baby Carrots Fresh Apple Slices White Chocolate Oat Cookie	1/12 Creamy Mac & Cheese <i>VL</i> Roasted Cauliflower Fresh Orange Slices
1/15 <b>NO SCHOOL</b> <b>Martin Luther King, Jr. Day</b>	1/16 Whole Grain Rotini with Alfredo Sauce <i>VL</i> Seasoned Broccoli <i>L</i> Fresh Apple Slices <i>L</i>	1/17 Beef Nachos <i>L</i> (OR: Tofu Nachos) <i>VL</i> Refried Beans Corn and Tomato Salsa Fresh Grapes	1/18 Broccoli Cheddar Soup <i>VL</i> Wheat Roll <i>L</i> Veggie Dippers with Ranch Banana Monster Cookie	1/19 Breakfast Platter with Scrambled Eggs, Wheat Toast, and Turkey Sausage <i>L</i> (OR: Yogurt) <i>VL</i> Sweet Potato Wedges <i>L</i> 100% Orange Juice
1/22 Hearty Beef Chili <i>L</i> (OR: Vegetarian Chili) <i>VL</i> Homemade Cornbread <i>L</i> Green Salad with Ranch Dressing Fresh Orange Slices	1/23 Creamy Mac & Cheese <i>VL</i> Roasted Cauliflower Fresh Apple Slices <i>L</i>	1/24 Baked Chicken Tenders <i>L</i> (OR: Tofu Tenders) <i>VL</i> Honey Mustard Dip Wheat Roll <i>L</i> Seasoned Broccoli Banana	1/25 Turkey Sandwich <i>L</i> (OR: Veggie Sandwich) <i>VL</i> Baby Carrots Fresh Fruit Salad Homemade Brownie	1/26 Cinnamon French Toast <i>VL</i> with Syrup Scrambled Eggs <i>L</i> Roasted Potato Wedges 100% Orange Juice
1/29 Cheesy Potato Soup <i>VL</i> Wheat Bread <i>L</i> Green Salad with Ranch Dressing Fresh Orange Slices	1/30 Penne with Meaty Marinara Sauce <i>L</i> (OR: Marinara Sauce) <i>VL</i> Sautéed Green Beans Fresh Apple Slices <i>L</i>	1/31 Hot Dog* <i>L</i> (OR: Grilled Cheese Sandwich) <i>VL</i> Baked Beans Corn Cobbette <i>L</i> Fresh Grapes	2/1 Chicken Fried Rice (OR: Tofu Fried Rice) <i>VL</i> Cucumber Slices Fresh Pineapple Slices Chocolate Chip Cookie	2/2 Bagel Breakfast Sandwich <i>VL</i> Sweet Potato Wedges <i>L</i> 100% Orange Juice

**V = Vegetarian Entrée (all side items are vegetarian) • L = Locally Grown or Raised • \* = Contains Pork**

**Milk is provided with all meals—student's choice of 1% or soy**

Nearly all items are made from scratch in our kitchen. Menu items are subject to change due to seasonality or product availability.

*This institution is an equal opportunity provider.*