



Unified Nutrimeals
we cater to your needs.

JANUARY 2012
3 OPTIONS: MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6
9 Chicken Burrito Bowl (chicken, rice, pinto beans) ***** Veggie Burrito Bowl (onions/peppers, rice, pinto beans) ***** Turkey/Cheese Wrap	10 Meatball Sub Green Beans ***** Bean/Cheese Burrito ***** Chicken Caesar	11 Chicken Chow Mein ***** Veggie Chow Mein ***** <i>Chicken + Cheese Sandwiches</i>	12 Beef Lasagna Mixed Vegetables ***** Mac 'N' Cheese Mixed Vegetables ***** Chicken Caesar	13 Sloppy Joe (served w/ Wheat Bun) Potato Wedges ***** Grilled Cheese Sandwich Potato Wedges ***** <i>Turkey/Cheese Sandwich</i>
16 MLK JR. HOLIDAY	17 Beef & Bean Nachos (w/ Corn Chips) ***** Bean & Cheese Nachos (w/ Corn Chips) Corn ***** Turkey/Cheese Wrap	18 BBQ Chicken Sandwich (served w/ Wheat Bun) Potato Wedges ***** <i>BEAN + CHEESE BURRITO</i> ***** Asian Chicken Salad	19 Baked Penne w/chicken Carrot Coins ***** Baked Penne w/peas Carrot Coins ***** Turkey/Cheese Wrap	20 Chicken Burger (served w/ Wheat Bun) Sweet Potato Fries ***** Baked Sweet Potato BBQ Beans ***** Asian Chicken Salad
23 Chicken Burrito Bowl (chicken, rice, pinto beans) ***** Veggie Burrito Bowl (onions/peppers, rice, pinto beans) ***** Turkey/Cheese Wrap	24 Meatball Sub Green Beans ***** Bean/Cheese Burrito ***** Chicken Caesar	25 Chicken Chow Mein ***** Veggie Chow Mein ***** Turkey/Cheese Wrap	26 Beef Lasagna Mixed Vegetables ***** Mac 'N' Cheese Mixed Vegetables ***** Chicken Caesar	27 Sloppy Joe (served w/ Wheat Bun) Potato Wedges ***** Grilled Cheese Sandwich Potato Wedges ***** <i>Turkey/Cheese Sandwich</i>
30 Orange Chicken (not fried) Cauli/Broc/Carrots Brown Rice ***** Teriyaki Veggies Brown Rice ***** Asian Chicken Salad	31 Beef & Bean Nachos (w/ Corn Chips) ***** Bean & Cheese Nachos (w/ Corn Chips) Corn ***** Turkey/Cheese Wrap			

****This institution is an equal opportunity provider and employer. ** MEALS ARE SUBJECT TO CHANGE.****