

# Providence Academy Lunch Menu

Fresh vegetables, fresh & canned fruits are available daily  
with lunch from the Fruit & Vegetable Bar

January  
2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>Italian Penne Rosa: Penne Pasta in a Red Alfredo Sauce with Tender Diced Chicken* Garlic Breadstick Fruit Cup</p> <p>*Gluten Free Available</p>	<p><b>4</b></p> <p>Hot Ham &amp; Cheese Croissant Carrot Sticks Kettle Chips Dessert Treat</p>	<p><b>5</b></p> <p>Meatballs with Gravy Homemade Mashed Potatoes Steamed Sweet Corn Fruit Cup</p>	<p><b>6</b></p> <p>Chicken Mini Taco Steamed Basmati Rice Seasoned Pinto Beans Salsa Cup Shortbread Cookies for National Shortbread Cookie Day!</p>	<p><b>7</b></p> <p>Popcorn Shrimp Caesar Salad Dinner Roll Fruit Cup</p>
<p><b>10</b></p> <p>Sweet Italian Sausage Cavatapi in Tomato Sauce* *Gluten Free Available Garlic Breadstick Dessert Treat</p>	<p><b>11</b></p> <p>Tasty 'N Tender Burger with Cheese* *Gluten Free Available Lettuce &amp; Tomato French Fries Fruit Cup</p>	<p><b>12</b></p> <p>Ham or Turkey Sub Sandwich Carrot Sticks Kettle Chips Pudding Cup</p>	<p><b>13</b></p> <p>Lemon Herb Chicken Steamed Basmati Rice Steamed Broccoli Dessert Treat</p>	<p><b>14</b></p> <p>Grilled Cheese on Texas Toast* *Gluten Free Available Potato Smile Tomato Soup Goldfish Crackers</p>
<p><b>17</b></p> <p>Martin Luther King, Jr. Day <b>NO SCHOOL</b></p>	<p><b>18</b></p> <p>Spaghetti with Meat Sauce* *Gluten Free Available Garlic Breadstick Fruit Cup</p>	<p><b>19</b></p> <p>Chicken Teriyaki Steamed Basmati Rice Steamed Broccoli Fortune Cookie</p>	<p><b>20</b></p> <p>French Toast Sticks or Buttermilk Pancakes Sausage Link Tri-Tator Yogurt Cup</p>	<p><b>21</b></p> <p>Three Cheese Curly Macaroni* *Gluten Free Available Breaded Fish Fillet with Tartar Sauce Steamed Vegetable Fruit Cup</p>
<p><b>24</b></p> <p>Chicken Tenders Baby Red Potatoes with Gravy Steamed Vegetable Fruit Cup</p>	<p><b>25</b></p> <p>Grilled Chicken Caesar Salad Ciabatta Roll Chocolate Chip Cookie</p>	<p><b>26</b></p> <p>Pasta with Meat Sauce* *Gluten Free Available Garlic Breadstick Fruit Cup</p>	<p><b>27</b></p> <p>Meatballs with Gravy Homemade Mashed Potatoes Steamed Sweet Corn Fruit Cup</p>	<p><b>28</b></p> <p>Taher Three Cheese Pizza* *Gluten Free Available Small Caesar Salad Ice Cream Cup</p>
<p><b>31</b></p> <p>National Croissant Day! Hot Ham &amp; Cheese Croissant Carrot Sticks Kettle Chips Fruit Cup</p>			<p>This is for Food 4 Thought</p>	

INFORMATION

EXTRA INFO

A beverage selection is included. Choose from: Milk, Small Juice, or Water. Limit 2 per person.  
Menu questions can be answered by calling the Food Service Director at 763-258-2535.

HARVEST OF



THE MONTH

All the menu information on our app Taher Food4Life®



www.taher.com

Menus are subject to change without notice.