



# Salsa & Soul Ltd.

## Menu

1/20/2021

to

1/24/2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Vegetarian Lunch</b>				
	1% Milk (1/2 pt)	1% Milk (1/2 pt)	1% Milk (1/2 pt)	1% Milk (1/2 pt)
	Normandy Style Vegetables w/ Pasta in Marinara Sauce (6oz)	<b>Sliced Carrots (3/4 cup)</b>	Peach	(S2) Refried Beans Sandwich (6 oz.)
	Chickpeas (2oz)	<b>Black Beans (2 oz.)</b>	<b>Whole Kernel Yellow Corn (3/4 cup)</b>	<b>Fresh Salad (3/4 cup)</b>
	Fresh Fruit (1 each)	Fresh Fruit (1 each)	<b>Lt Red Kidney Beans (3/4 cup)</b>	Fresh Fruit (1/2 cup)
		(D15)GF Brown Rice (1/2 cup)	(D15)GF Brown Rice (1/2 cup)	
<b>No Dairy</b>				
	1% Milk (1/2 pt)	1% Milk (1/2 pt)	1% Milk (1/2 pt)	1% Milk (1/2 pt)
	Sauteed Ground Beef (6 oz.)	Curry Chicken (6 oz.)	Peach	(S2) Turkey Wrap (6 oz.)
	<b>Green Beans (3/4 cup)</b>	<b>Sliced Carrots (3/4 cup)</b>	<b>Whole Kernel Yellow Corn (3/4 cup)</b>	<b>Fresh Salad (3/4 cup)</b>
	(D15)GF Brown Rice (1/2 cup)	(D15)GF Brown Rice (1/2 cup)	<b>Lt Red Kidney Beans (3/4 cup)</b>	Fresh Fruit (1/2 cup)
	Fresh Fruit (1 each)	Fresh Fruit (1 each)	(D15)GF Brown Rice (1/2 cup)	
<b>No Eggs Pasta</b>				
	1% Milk (1/2 pt)	1% Milk (1/2 pt)	1% Milk (1/2 pt)	1% Milk (1/2 pt)
	Sauteed Ground Beef (6 oz.)	Curry Chicken (6 oz.)	Peach	(S2) Turkey & Cheese Sandwich (6 oz.)
	<b>Green Beans (3/4 cup)</b>	<b>Sliced Carrots (3/4 cup)</b>	<b>Whole Kernel Yellow Corn (3/4 cup)</b>	<b>Fresh Salad (3/4 cup)</b>
	(D15)GF Brown Rice (1/2 cup)	(D15)GF Brown Rice (1/2 cup)	<b>Lt Red Kidney Beans (3/4 cup)</b>	Fresh Fruit (1/2 cup)
	Fresh Fruit (1 each)	Fresh Fruit (1 each)	(D15)GF Brown Rice (1/2 cup)	

Please inform us of any food allergies the children may have