













# Արի Գիրակոս Մինասյան Ազգային Վարժարան Ari Guiragos Minassian Armenian School



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## January 2019

	<u>TUESDAY 1<sup>ST</sup></u>	<u>WEDNESDAY 2<sup>ND</sup></u>	<u>THURSDAY 3<sup>RD</sup></u>	<u>FRIDAY 4<sup>TH</sup></u>
	No School	No School	No School	No School
<u>MONDAY 7<sup>TH</sup></u> No School	<u>TUESDAY 8<sup>TH</sup></u> Mujedere Jajukh, Veggies Bread Fruit  *Milk/Water	<u>WEDNESDAY 9<sup>TH</sup></u> Penne W/Meat Sauce Bread, Salad Fruit  *Milk/Water	<u>THURSDAY 10<sup>TH</sup></u> Potato Soup W/Meat Rice Pilaf Bread, Fruit *Milk/Water	<u>FRIDAY 11<sup>TH</sup></u> Costco Pizza Cheese/Pepperoni Salad Fruit  *Milk/Water
<u>MONDAY 14<sup>TH</sup></u> Luleh Kebob Rice Pilaf Salad Fruit  *Milk/Water	<u>TUESDAY 15<sup>TH</sup></u> Chicken Nuggets French Fries Salad Fruit *Water/Milk	<u>WEDNESDAY 16<sup>TH</sup></u> Lahmajoun Salad Fruit  *Milk/ Water	<u>THURSDAY 17<sup>TH</sup></u> Labni Sandwich Tomato, Cucumber, Olive Fruit *Milk/Water	<u>FRIDAY 18<sup>TH</sup></u> Dolma/Sarma Yogurt Fruit  *Milk/Water
<u>MONDAY 21<sup>ST</sup></u> No School	<u>TUESDAY 22<sup>ND</sup></u> Yogurt Soup With Meatball, Madzounov Kofte, Bread Fruit  *Milk/Water	<u>WEDNESDAY 23<sup>RD</sup></u> Chicken Kebob Rice Pilaf Salad Bread Fruit  *Milk/Water	<u>THURSDAY 24<sup>TH</sup></u> Cheese and Sausage Boreg, Noodle Soup Veggies  *Milk/Water	<u>FRIDAY 25<sup>TH</sup></u> Costco Pizza Cheese/Pepperoni Salad Fruit  *Milk/Water
<u>MONDAY 28<sup>TH</sup></u> Luleh Kebob Rice Pilaf Salad Fruit  *Milk/Water	<u>TUESDAY 29<sup>TH</sup></u> Grilled Cheese Sandwich Vegetable Soup Fruit  *Milk/Water	<u>WEDNESDAY 30<sup>TH</sup></u> Lahmajoun Salad Fruit  *Milk/ Water	<u>THURSDAY 31<sup>ST</sup></u> Chicken legs Boulgur Pilaf Salad, Bread Fruit *Milk/Water	<u>FRIDAY Feb. 1<sup>ST</sup></u> Meatball Soup Rice Pilaf Bread Fruit *Milk/Water

Meal pattern is based on USDA Child Nutrition recommendations.

Meals are free of nut products.

\*All students are served Organic milk only. No juice