

# Salam Middle & High

# January 2018

Mon	Tue	Wed	Thu	Fri
1 <b>No School</b>	2 Beef Or Cheese Quesadilla Spanish Beans And Rice	3 Chicken Shawarma Wrap Cold Rainbow Pasta	4 Meat pasta W/ Marinara Sauce WW Dinner Roll	5 Pizza Dippers With Marinara Hommus & Veggies
8 <b>No School</b>	9 Beef Lasagna WW Dinner Roll	10 French Toast Sticks /Syrup Boiled eggs	11 Beef Or Cheese Burger On WW Bun	12 Cold Turkey & Cheese Sandwich OR Zabiha Halal Hot Dog
15 Chicken Tacos 3 Bean Salad	16 Chicken Strips Mashed Potatoes WW Dinner Roll	17 Gyro Wrap Fries	18 Chipotle Chicken Sandwich Mac & Cheese	19 Cheese Pizza On WW Crust Veggie & Ranch
22 Chicken Alfredo Pasta WW Bread Sticks	23 Turkey & Cheese Cold Sandwich OR Zabiha Halal Hot Dog	24 Beef Or Cheese Burger WW Buns Fries	25 Chicken Parmesan Pasta WW Bun	26 Pizza Dippers With Marinara Hommus & Veggie
29 Chicken Strips Mashed Potatoes WW Dinner Roll	30 Egg & Cheese Burrito W/ Tator Tots	31 Chipotle Chicken Sandwich Mac & Cheese	1 Beef Or Cheese Quesadilla 3 Beans Salad	2 Cheese Pizza On WW Crust Cold Rainbow Pasta

## Daily:

- Fresh Vegetables plus fresh and canned fruits are available with lunch at salad bar.
- Milk choice of Chocolate Fat Free Milk or 1% Low Fat Milk is Included with lunch.
- All food served at Salam School is 100% Zabiha Halal, unless noted.
- Menus are subject to change without notice.

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