

# THE LEARNING CENTER FOR THE DEAF • MENU JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>				
		<b>SCHOOL REOPENS</b> BREAKFAST  Macaroni & Cheese Tossed Salad Green Beans ALT: Chicken Salad on a Roll ALT: Veggie Patty Fresh Fruit & Milk	BREAKFAST  Cheeseburger on a Whole Grain Bun Oven Baked Fries Spinach ALT: Tuna Salad on a Bun ALT: Veggie Burger  Fresh Fruit & Milk	BREAKFAST  Tomato Soup Grilled Cheese on Whole Grain Bread Cucumber Sticks w/Dip ALT: Roast Beef Sandwich  Fresh Fruit & Milk
<b>4</b>				
<b>5</b>				
<b>8</b>				
BREAKFAST  Chili con Carne w/Beans & Cheese Corn Bread Garden Salad ALT: Tuna Melt ALT: Vegetable Chili Fresh Fruit & Milk	BREAKFAST  Turkey on Whole Grain Pita Bread w/Lettuce & Tomatoes Roasted Potato Wedges Baby Carrots ALT: Ham & Cheese ALT: Hummus Whole Grain Pita Fresh Fruit & Milk	BREAKFAST  Corn Dog Baked Beans Coleslaw ALT: Minestrone Soup ALT: Veggie Hot Dog  Fresh Fruit & Milk	BREAKFAST Chicken Parmesan w/Marinara Sauce Ziti Pasta Green Beans Garden Salad ALT: Egg Salad Sandwich ALT: Eggplant Parmesan Fresh Fruit & Milk	BREAKFAST  Assorted Pizza Cheese, Pepperoni or Vegetable Garden Salad Raw Carrots & Celery Sticks ALT: Hot Pastrami Sandwich  Fresh Fruit & Milk
<b>9</b>				
<b>10</b>				
<b>11</b>				
<b>12</b>				
<b>15</b>				
<b>16</b>				
<b>17</b>				
<b>18</b>				
<b>19</b>				
NO SCHOOL MLK JR. DAY	BREAKFAST  Chicken Burritos (Optinal) Brown Rice Black Bean Salsa ALT: Vegetable Soup ALT: Veggie Patty  Fresh Fruit & Milk	BREAKFAST  American Chop Suey Garden Salad w/Dressing Baby Carrots ALT: Egg Salad on a Roll ALT: Vegetarian Suey  Fresh Fruit & Milk	BREAKFAST  BBQ Pork Sandwich on Whole Grain Bun Carrot Sticks w/Dip Spinach ALT: BBQ Veggie Patty ALT: Tuna Sub Fresh Fruit & Milk	BREAKFAST  Hamburger on a Whole Grain Bun w/Lettuce & Tomatoes Potato Tots Broccoli ALT: Turkey Sub ALT: Veggie Burger Fresh Fruit & Milk
<b>22</b>				
<b>23</b>				
<b>24</b>				
<b>25</b>				
<b>26</b>				
BREAKFAST  Chicken Tenders Sweet Potato Tots Broccoli ALT: Roast Beef Sandwich ALT: Roasted Chick Peas  Fresh Fruit & Milk	<b>EARLY RELEASE 12:00PM</b> BREAKFAST  Jamaican Meat Pie Coconut Brown Rice Peas w/Carrots ALT: Turkey Sandwich ALT: Veggie Pie Fresh Fruit & Milk	BREAKFAST  Meatball Sub Sauteed Spinach Carrot & Celery Sticks ALT: Veggie Meatballs ALT: Tuna Salad Sub  Fresh Fruit & Milk	BREAKFAST  Whole Grain Waffles w/Syrup Turkey Sausage Links Fruited Yogurt Glazed Baby Carrots ALT: Chicken Noodle Soup  Fresh Fruit & Milk	BREAKFAST  Assorted Pizza Cheese, Pepperoni or Vegetable Garden Salad Raw Carrots & Celery Sticks ALT: Hot Pastrami Sandwich  Fresh Fruit & Milk
<b>29</b>				
<b>30</b>				
<b>31</b>				
BREAKFAST  Turkey Burger on Whole Grain Bun w/Lettuce & Tomato Oven Baked Fries Spinach ALT: Fish Sandwich on Bun ALT: Veggie Burger Fresh Fruit & Milk	BREAKFAST  Salisbury Steak Baked Sweet Potatoes w/Apples Broccoli ALT: Salami Sandwich ALT: Veggie Patty  Fresh Fruit & Milk	BREAKFAST  BBQ Baked Chicken Spanish Rice Black Bean Salsa ALT: Turkey Sandwich ALT: Tofu w/Veggies  Fresh Fruit & Milk		<i>Please note our revised menu format. Breakfast is now listed above the lunch for each day. It is offered Monday-Friday and consists of cold cereal, a bran muffin, fruit of the day and milk. You will need to mark both breakfast and lunch that you want to purchase for each day.</i>



Student/Employee Name

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**Cost of Meals:**

Kids/ B: \$2.25 L: \$3.25  
 Adults/Employee/ B: \$2.66\* L: \$3.98\*  
 (\*Listed price includes MASS sales tax)

**Payment Options:**

www.sendmoneytoschool.com

- Create an Account
- Deposit Funds using a credit card
- \$2.00 processing fee for service

Return payment to Lynn Marshall at the White House Administrative Building located at: 848 Central St. Framingham, MA. 01701

**Free and Reduced Meal Benefits:**

Go to [www.lunchapp.com](http://www.lunchapp.com) to apply for Free & Reduced meal benefits

**Nutrition Program Contact:**

Jennifer Greenfield  
 Email: [jennifer\\_greenfield@tlcdeaf.org](mailto:jennifer_greenfield@tlcdeaf.org)  
 VP: (774) 406-3311

**Notes:**

BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

**ALT = Alternate**

