



KESTREL HEIGHTS

JANUARY 2019

Email: SpicyGreenGourmet@fronter.com

Phone: 919-220-6040

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Baked Beef Spaghetti 5 Way Veg, Seasonal fruit Or Baked Cheese Spaghetti Green Beans, Seasonal Fruit	8 (2) Chicken Tacos Yellow Corn Seasonal Fruit OR (2) Black Bean Tacos Yellow Corn Seasonal Fruit	9 Chicken Quesadillas Black Beans, Pineapple OR Cheese Quesadilla Black Beans, Pineapple	10 Spaghetti & Meatballs Broccoli Pineapple OR Cheesy Baked Spaghetti Broccoli, Pineapple	11 I HEART PIZZA (2) Cheese Pizza Fruit Cup
14 Cajun Chicken Fillet Sandwich Garlic Green Beans Spiced Apples OR Cajun Veggie Chicken Sandwich Garlic Green Beans, Spiced Apples	15 Beef Tacos Yellow Corn Seasonal Fruit OR Black Bean Tacos Yellow Corn Seasonal Fruit	16 Chicken n Waffles Mac n Cheese Seasonal Fresh Fruit OR Mac n Cheese Broccoli	17 Chicken Alfredo Carrots Seasonal Fruit OR Veggie Alfredo Carrots Seasonal Fruit	18 I HEART PIZZA (2) Cheese Pizza Fruit Cup
21 CLOSED for MLK	22 (2) Chicken Tacos Yellow Corn Seasonal Fruit OR (2) Black Bean Tacos Yellow Corn Seasonal Fruit	23 Roasted Rosemary Chicken Mashed Potatoes Broccoli OR Veggie Chicken Mashed Potatoes Broccoli	24 Turkey Hot Dog Mac n Cheese Carrots OR Veggie Hot Dog Mac n Cheese Carrots	25 I HEART PIZZA (2) Cheese Pizza Fruit Cup
28 Breakfast for Lunch! Scrambled Eggs, Turkey Bacon Hashbrown Potatoes Pancakes OR Breakfast for Lunch! Scrambled Eggs, Turkey Bacon Hashbrown Potatoes Pancakes	29 (2) Beef Tacos Yellow Corn Seasonal Fruit OR (2) Black Bean Tacos Yellow Corn Seasonal Fruit	30 Beef Hamburger Potato Wedges Green Beans OR Black Beans Veggie Burger Potato Wedges Green Beans	31 Spaghetti & Meatballs Broccoli Pineapple OR Cheesy Baked Spaghetti Broccoli, Pineapple	