

New Horizon School LA January 01 – January 31, 2020

Lunch Menu

Monday	Tuesday	Wednesday	Veggie Thursday	Friday
<p>Jan 1st - Jan 6th Winter Recess No School</p>				
	<input type="checkbox"/> 7 Pasta with Ground Beef (1 cup) Cucumbers (2 to 3 oz.) Milk	<input type="checkbox"/> 8 Chicken Biryani (1 Cup) Yogurt w/ Cucumber and Tomatoes (2 to 3 oz.) Milk	<input type="checkbox"/> 9 Vegetable Curry (3 to 4 tbsp.) Basmati Rice Pita Bread (¼ Slice) Milk	<input type="checkbox"/> 10 Chicken Sandwiches Whole Wheat Bread (2 to 3) Baked Potato Chips Fruits (2 to 3 oz.)
<input type="checkbox"/> 13 Chicken Tikka Masala w/ Rice (1/2 to 1 cup) Carrots (2 to 3 oz.) Milk	<input type="checkbox"/> 14 Beef Tacos (1 to 2) Fruits (2 to 3 oz.) Milk	<input type="checkbox"/> 15 Chicken Pulao (1 Cup) Yogurt w/ Cucumber and Tomatoes (2 to 3 oz.) Milk	<input type="checkbox"/> 16 Fish Curry (3 to 4 tbsp.) Basmati Rice Pita Bread (¼ Slice) Cucumber Coins Milk	<input type="checkbox"/> 17 Zabihah Chicken Hot Dog (1 to 2) Milk Shake Chips
<input type="checkbox"/> 20 Martin Luther King Day No School	<input type="checkbox"/> 21 Chicken Quesadilla with Cheese (1 to 2) Fruits/ Veggies (2 to 3 oz.) Milk	<input type="checkbox"/> 22 Ground Beef Biryani (1 Cup) Yogurt w/ Cucumber and Tomatoes (2 to 3 oz.) Milk	<input type="checkbox"/> 23 Potato & Spinach Curry (3 to 4 tbsp.) Basmati Rice Pita Bread (¼ Slice) Milk	<input type="checkbox"/> 24 Tuna Sandwiches (2 to 3) Baked Potato Chips Fruits (2 to 3 oz.) Milk
<input type="checkbox"/> 27 Chicken with Mushroom Sauce (3-4 tbsp.) w/Rice (1/2 to 1 Cup) Pita Bread (1/4 Slice) Milk	<input type="checkbox"/> 28 Chicken Shawarma (1 to 2 rolls) Fruits/ Veggies (2 to 3 oz.) Milk	<input type="checkbox"/> 29 Chicken Biryani (1 Cup) Yogurt w/ Cucumber and Tomatoes (2 to 3 oz.) Milk	<input type="checkbox"/> 30 Vegetable Curry (3 to 4 tbsp.) Basmati Rice Pita Bread (¼ Slice) Milk	<input type="checkbox"/> 31 Chicken Sandwiches Whole Wheat Bread (2 to 3) Baked Potato Chips Fruits (2 to 3 oz.)

Student's Name: _____

Note: \$6 for same day order

of meals: _____ * \$5.00 = _____ OR TOTAL = \$90

Dates Chosen: 7 8 9 10 13 14 15 16 17 21 22 23 24 27 28 29 30 31

Office Use Only: Amount Paid _____ (cash /check) * Menu is subject to change without notice.