



# PYTHAGORAS ACADEMY

## LUNCH MENU

**January 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
				<b>Winter Break</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Winter Break</b>	<b>Winter Break</b>	<b>Winter Break</b>	<b>Winter Break</b>	<b>PRO-D DAY</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Italian Meatballs w/ Rice</b> <i>Beef Meatball, Tomato Sauce, Variety Vegetables, Rice</i>	<b>Scrambled Egg &amp; Beef Sausage w/Potato</b> <i>Scrambled Egg, Chicken sausage, Mixed Veg and Roast potato</i>	<b>Teriyaki Chicken w/ Rice</b> <i>Chicken thigh, Salt &amp; Seasoning, Teriyaki Sauce (Soy Sauce, Lemon, Sugar, Onion)</i>	<b>Stir-Fried Chicken w/ Farfalle</b> <i>Chicken Breast, Fries, Mixed Veg, Pasta Farfalle</i>	<b>BBQ Pork with Rice</b> <i>Pork tenderloin, Soy sauce, Brown sugar, Hoisin sauce, ketchup, serviced with rice</i>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Butter Chicken w/ Rice</b> <i>Chicken Breast, Indian Butter Sauce, Curry(mild), Cream, Salt &amp; Seasoning, Green &amp; Red Peppers, Tomato, Vegetables, Rice</i>	<b>Rotini with Meat Sauce</b> <i>Minced Pork, Rotini, Tomato, Tomato Paste, Herb &amp; Spice for seasoning, Vegetables</i>	<b>Curry Chicken w/ Rice</b> <i>Chicken Breast, Japanese Curry(mild), Cream Salt &amp; Seasoning Green &amp; Red Peppers, Potato, Vegetables, Rice</i>	<b>Black Pepper Chicken w/Orzo</b> <i>Sliced Chicken, Black pepper, Mixed Veg and Orzo Noodles</i>	<b>Chicken Tender &amp; Steamed Vegetables w/ Fries</b> <i>Chicken Tenders, Steamed Broccoli, Colliflower, Carrots and Fries</i>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Teriyaki Beef w/ Noodle</b> <i>Ground Beef, Salt &amp; Seasoning, Teriyaki Sauce (Soy Sauce, Lemon, Sugar, Onion), Vegetables, Noodle</i>	<b>Chicken Stew w/Vegetables on Brown/Black rice.</b> <i>Chicken thigh, Mixed Vegetables and Brown/Black rice</i>	<b>Beef Sausage with Mac &amp; Cheese</b> <i>Chicken Sausage, Macaroni, Cheddar Cheese, Cream, Salt, Vegetables</i>	<b>Grilled Chicken Leg Served w/ Butter Corn &amp; Rice</b> <i>Chicken Leg, Fried onion with Butter Corn, Rice</i>	<b>Fish and Chips, Coleslaw Salad</b> <i>Dip Fried Fish Solo Filet, Potato Chips, Coleslaw salad, lemon</i>

**\*This menu is subject to change**



# PYTHAGORAS ACADEMY

## SNACK MENU

**January 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
				<b>Winter Break</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Winter Break</b>	<b>Winter Break</b>	<b>Winter Break</b>	<b>Winter Break</b>	<b>PRO-D DAY</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>MS Deiced Peaches Pizza Bagel with Ham</b>	<b>MS Assorted D'Active Yogurt Cheese Croissant</b>	<b>MS Fresh Vegetables Oatmeal Raisin Cookie</b>	<b>MS Assorted Activia Yogurt Apple Oat Muffin</b>	<b>MS Fresh Fruits Cranberry Orange Scone</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>MS Assorted D'Active Yogurt Raisin Cinnamon Bagel</b>	<b>MS Fresh Fruits Plain Croissant</b>	<b>MS Fresh Vegetables Vanilla Cookie</b>	<b>MS Assorted Nano Yogurt Sinnamon Roll Danish</b>	<b>MS Apple Squeeze Pizza Bagel Cheese</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>MS Assorted Greek Yogurt Raisin Cinnamon Bagel</b>	<b>MS Fresh Vegetables Cheese Scone</b>	<b>MS Fresh Fruits Oatmeal Choco Chip Cookie</b>	<b>MS Apple Squeeze Ham &amp; Cheese Croissant</b>	<b>MS Assorted Nano Yogurt Raisin Bran Muffin</b>

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