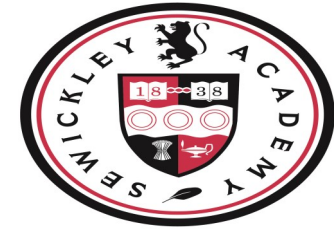


# Sewickley Academy Lower Division

## January



**January 22nd is National Southern Food Day**  
**January 28th is National Blueberry Pancake Day**

Menus are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fire Roasted Tomato Bisque Chicken Patty Or Grilled Cheese Buttered Noodles Peas Vegetable Medley	Chicken Tortilla Beef Tacos or Nachos with Cheese Cilantro Lime Rice Corn Black Beans	Spinach Tortellini Meatball Sub Or Cheese Ravioli Herb Roasted Potatoes Broccoli Vegetable Medley	Butternut Squash Bisque Meatloaf Or Shrimp Poppers Mashed Potatoes Gravy Honey Glazed Carrots Vegetable Medley	New England Clam Chowder Hot Dogs Or Macaroni & Cheese Waffle Fries Green Beans Vegetable Medley
Broccoli Cheddar Gyo Or Beef Corndog Parsley Red Potatoes Button Mushrooms Vegetable Medley	Beef Vegetable Anniversary Chicken Or Pierogis Ranch Roasted Potatoes Roasted Butternut Squash Vegetable Medley	Chicken Noodle Cheesy Scrambled Eggs Or French Toast Home fries Bacon Sausage Biscuits	Green Pesto Gnocchi Chicken Tenders Or Cheese Tortellini with Marinara Basmati Rice Charred Brussels Sprouts Vegetable Medley	Italian Wedding Pizzas: Cheese or Pepperoni Crinkle Cut fries Peas Vegetable Medley
21 <b>Closed</b> <b>Martin Luther King Jr Day</b>	Jambalaya BBQ Pulled Pork Or Macaroni & Cheese Cornbread Honey Roasted Sweet Potatoes Okra, Corn, & Tomatoes	Chili Con Carne Baked Teriyaki Chicken Or Vegetable Lo Mein Jasmine Rice Asian Style Cauliflower Pork Pot stickers	Southwest Vegetable Chicken Fajitas Or Cheese Quesadilla Spanish Rice Pinto Beans Sautéed Peppers & Onions Corn	Creamy Chicken Gnocchi Beef Lasagna Or Pasta with choice of Marinara or Alfredo Garlic Bread Broccoli, Veg Medley
Tuscan Sausage Cheesy Scrambled Eggs Or Pancakes (Plain or Blueberry) Shredded Hashbrowns Bacon Sausage	Cream of Mushroom <b>Burger Bar</b> Beef, Turkey, or Black Bean House made Chips Honey Glazed Carrots Vegetable Medley	Vegetable Barley Chicken Tenders Or Grilled Cheese Buttered Noodles Green Beans Vegetable Medley	Italian Wedding Pot Roast Or Shrimp Poppers Mashed Potatoes, Gravy Corn Vegetable Medley	Curried Tomato Tortellini Pizzas: Cheese or Pepperoni Waffle fries Peas Vegetable Medley

We Proudly Serve:  
 Fresh made from scratch soups  
 Locally sourced produce  
 Cage Free Eggs

**Meal Deal \$5.30**  
 1 Entrée (cold or hot)  
 2 side dishes  
 Beverage (milk, water, or juice)

**Daily Offerings**  
 Fresh and Local Salad Bar  
 Assorted Deli Sandwiches Made Daily  
 Sun Nut Butter