

JANUARY 2020

JACK'S CATERING

All meals include milk and FRESH fruits and vegetables.
 Jack's meals are all 100% nut free.
 Jack's meals are handmade from scratch each day.
 Jack's doesn't use ANY artificial ingredients.

Monday

Tuesday

Wednesday

Thursday

Friday

HAPPY NEW YEAR!
2020

CLOSED

CLOSED

Homemade Cheese Pizza **6**
 GF Pizza
 Pasta Marinara
 Banana
 Zucchini
 milk

Chicken Enchiladas **7**
 Sunflowerbutter & Jelly
 Bean Burrito (available GF)
 Clementine
 Steamed Green Beans
 milk

Lasagna Roll-Ups **8**
 Pasta Marinara
 Gluten Free Pasta Marinara
 Fruit Salad
 Veggie Medley
 milk

French Toast Sticks **9**
 w/ turkey sausage OR yogurt
 AND real maple syrup
 GF Chicken Strips
 Melon
 Cucumber Coins
 milk

Hot Roast Beef & Cheddar **10**
 Sliders
 Roasted Veggie Sliders
 DIY Turkey & GF Crackers
 Fresh Pineapple
 Baked Beans (or substitute)
 milk

All Natural Chicken Strips **13**
 *available GF
 Mozzarella Breadsticks
 w/marinara
 Fruit Salad
 Tater Tots
 milk

Quesadillas (chicken & cheese **14**
 or just cheese.
 Corn tortilla for GF)
 Sunflower & Butter
 Grapes (or substitute)
 Steamed Green Beans
 milk

Jack's Mac **15**
****NEW****
 Chicken Soup with Rice (GF)
 Melon
 Steamed Broccoli
 milk

Blueberry Flapjacks w/Turkey **16**
 Sausage or Yogurt
 Turkey Sammy
 DIY Turkey & GF Crackers
 Apple Slices
 Cucumber Coins
 milk

Grilled Chicken & Mexican Rice **17**
 (GF)
 Gardenburger
 Sunflowerbutter & Jelly
 Clementine
 Sweet Potato "fries"
 milk

Homemade Cheese Pizza **20**
 GF Pizza
 Pasta Marinara
 Banana
 Zucchini
 milk

Hard or Soft Shell Tacos **21**
 (hard shells are GF)
 French Toast Sticks w/yogurt
 Pear Slices
 Corn (or substitute)
 milk

Chicken Parm Pasta **22**
 Pasta Marinara
 Gluten Free Pasta
 Fresh pineapple
 Steamed green beans
 milk

Homemade Chicken Noodle **23**
 Soup
 Grilled Cheese
 GF Chicken Strips
 Apple Slices
 Caesar Salad (or substitute)
 milk

Roasted Chicken Legs (GF) **24**
 Gardenburger
 Sunflowerbutter & Jelly
 Grapes (or substitute)
 Roasted Potatoes
 milk

All Natural Chicken Strips **27**
 *available GF
 Mozzarella Breadsticks
 w/marinara
 Tater Tots
 Fruit Salad
 milk

Hearty Beef Chili (GF) **28**
Hearty Veggie Chili (GF)
 Sunflowerbutter & Jelly
 Clementine
 Steamed Broccoli
 milk

Pasta & Meatballs **29**
 Pasta Marinara
 GF Pasta Marinara
 Banana
 Garden Salad (or substitute)
 milk

Teriyaki Noodles w/chicken **30**
 Cheese Quesadilla
 *available GF
 Melon
 Veggie Medley
 milk

Burgers (GF is no bun) **31**
Hot Dogs (GF is no bun)
 Gardenburger
 * DIY Turkey & GF Crackers
 Fresh Pineapple
 Steamed Carrots
 milk

All Jack's meals are made from scratch and we NEVER use any artificial ingredients or nuts. We ONLY use fresh fruits and vegetables and lots of whole grains!

Vegetarian, Gluten-Free, and Dairy-Free options available each day.