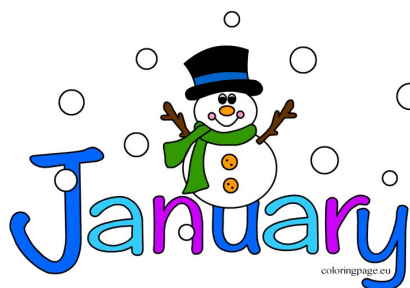


# Commodore Options School

2019



this institution is an equal opportunity provider

*Wednesday, Jan 2nd*

- 1) **Hamburger/ Cheeseburger**  
or
- 2) **Black Bean Burger**  
Peaches, Corn

Yogurt or Hummus Lunch

*Thursday, Jan 3rd*

- 1) **Grilled Cheese**  
with Tomato Soup
- Orange Wedges  
Goldfish Crackers

Yogurt or Hummus Lunch

*Friday, Jan 4th*

- Brunch 4 Lunch**
- 1) **Waffles**  
and  
**Sausage!**
- Fruit Cup, Edamame

Yogurt or Hummus Lunch

*Wednesday, Jan 9th*

- 1) **Chicken Nuggets**  
or
- 2) **Vegan Nuggets**  
Fresh Grapes, Roll  
Cheddar Mashed Potatoes

Yogurt or Hummus Lunch

*Thursday, Jan 10th*

- 1) **Teriyaki Chicken**  
or
- 2) **Teriyaki Tofu**  
Sushi Style Rice + Veggies  
+ Nori for Temaki!

Yogurt or Hummus Lunch

*Friday, Jan 11th*

- 1) **Pepperoni Pizza**  
or
- 2) **Cheese Pizza**  
Banana  
Caesar Salad on Salad Bar

Yogurt or Hummus Lunch

*Monday, Jan 7th*  
**Early Release Day**

- 1) **Chicken Burger**  
or
- 2) **Vegan Burger**  
Pears, Roasted Red Potatoes

Yogurt or Hummus Lunch

*Tuesday, Jan 8th*

- 1) **Homemade Lasagna w/Meatsauce**  
or
- 2) **Homemade Cheesy Lasagna**  
Garlic Toast, Caesar Salad

Yogurt or Hummus Lunch

*Monday, Jan 14th*  
**Early Release Day**

- 1) **Corn Dog** or
- 2) **Veggie Wrap**  
Mixed Green Lettuces  
Wild Blueberry Dressing

Yogurt or Hummus Lunch

*Tuesday, Jan 15th*

- 1) **Crispy Baked Chicken Drumstick**  
or
- 2) **Cheese Quesadilla**  
Orange Wedges, Green Peas

Yogurt or Hummus Lunch

*Wednesday, Jan 16th*

- 1) **Popcorn Chicken**  
w/Orange Glaze or
- 2) **Baked Tofu**  
w/Orange Teriyaki Glaze
- Rice, Arugula with Oranges

Yogurt or Hummus Lunch

*Thursday, Jan 17th*

- 1) **Pasta w/MeatSauce**  
or
- 2) **Pasta w/Marinara**  
Corn, Garlic Toast

Yogurt or Hummus Lunch

Ice Cream with any Lunch today!

*Friday, Jan 18th*

- Brunch 4 Lunch**
- 1) **French Toast**  
**Crisp Bacon & Eggs!**

Fruit Cup, Edamame

Yogurt or Hummus Lunch

*Monday, Jan 21st*

No School Today

**Martin Luther King Day**



*Tuesday, Jan 22nd*

- 1) **Hot Dog**  
3 Sister's Natural Beef  
or
- 2) **Black Bean Burger**  
Baked Beans,  
Orange Wedges

Yogurt or Hummus Lunch

*Wednesday, Jan 23rd*

- 1) **Beefy Nachos**  
or
- 2) **Cheesy Nachos**  
Red Grapes  
Refried Bean Dip

Yogurt or Hummus Lunch

*Thursday, Jan 24th*

- 1) **Teriyaki Chicken**  
or
- 2) **Teriyaki Tofu**  
Sushi Style Rice + Veggies  
+ Nori for Temaki!

Yogurt or Hummus Lunch

*Friday, Jan 25th*

- 1) **Pepperoni Pizza**  
or
- 2) **Cheese Pizza**  
Banana  
Caesar Salad on Salad Bar

Yogurt or Hummus Lunch

*Monday, Jan 28th*  
**Early Release Day**

- 1) **Corn Dog** or
- 2) **Bean Burrito**  
Black Beans, Salsa  
Fresh Roasted Red Potatoes

Yogurt or Hummus Lunch

*Tuesday, Jan 29th*

- Brunch 4 Lunch**
- 1) **Waffles**  
and  
**Sausage!**
- Fruit Cup, Edamame

Yogurt or Hummus Lunch

*Wednesday, Jan 30th*

**K-6 Conferences**  
No School Today for K-6



*Thursday, Jan 31st*

**K-6 Conferences**  
No School Today for K-6



*Friday, Feb 1st*

**K-6 Conferences**  
No School Today for K-6

