

# Maple Ridge January



**Date**

**Hot Lunch**

**Vegetarian Lunch**

**Sandwich + Side  
& Baked Treat**

**Tuesday  
January 7**

Chicken Teriyaki Rice Bowl

BBQ Veggie Balls with  
Roasted Potatoes & Carrots

**Thursday  
January 9**

New! Protein Lunch Box OR  
Caesar Salad & Crispy Veggie Tenders  
with Carrots + Dip & Banana Cake

**Tuesday  
January 14**

Crispy Chicken Bites  
with Wedge Fries

Crispy Veggie Strips  
with Wedge Fries

**Thursday  
January 16**

BBQ Chicken on  
Vegetable Rice

Cheese Ravioli with  
Creamy Tomato Sauce

**Tuesday  
January 21**

Beef Meatballs & Carrots on  
Mashed Potatoes & Gravy

Creamy Veggie Penne  
with Broccoli

**Thursday  
January 23**

BBQ Chicken Wrap OR Greek Chickpea Wrap  
with an Apple & Carrot Cake

**Tuesday  
January 28**

**Non Instructional Day - No School**

**Thursday  
January 30**

Beef Lasagna with  
Buttered Corn

Mac & Cheese with Fruit

