

Bistro Kids January Seasonal Salad Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1-4	1-5	1-6	1-7	1-8
Ginger “Fried” Tofu Sesame Noodles Mixed Veggies Shredded Kale Sesame-Ginger Dressing	Homestyle Egg Salad Winter Veggies, Sweet Peppers, Cucumbers, Cheese Blend, with tangy ranch dressing	Ahi Tuna Salad Sliced thin and served rare, specialty grains, lettuce bed, shredded veggies	Salmon Zoodler Flaked Salmon Spiralized zucchini noodles Assorted veggies, romaine lettuce, Honey Mustard	Very Berry Chicken Honey Mustard Dressing Spinach, strawberry, raisins, grapes, carrots, sunflower seeds
1-11	1-12	1-13	1-14	1-15
Lemon Grilled Tilapia Roasted Veggies, diced tomato, cucumber, Specialty Grains, Lettuce Bed	Japanese Noodle Salad Crispy tofu, teriyaki noodles, Asian marinated veggies, sesame-ginger dressed	Southwest Salad corn, Rice, Pico, Cheese, Ranch, Shredded Lettuce, tomatoes, cucumbers spiced veggie crumbles	BBQ Grilled Salmon Roasted Veggies, diced tomato, cucumber, diced potato Specialty Grains, Lettuce	No School Recording Day
1-18	1-19	1-20	1-21	1-22
No School Martin Luther King Day	Ahi Tuna Zoodler Seared Tuna served rare Spiralized zucchini noodles Assorted veggies, romaine lettuce, Assorted Dressings served on the side	Salmon Sashimi Sushi Rice Sliced Avocado, Carrots, Cucumber, Kale Soy Sauce	Buffalo Tofu Salad Crispy tofu in Frank’s red-hot sauce Romaine bed Celery, carrots, mozzarella, ranch dressing	Greek Chicken Salad Seasoned chicken breast, diced tomatoes, diced cucumber, sliced black olives, lemon wedge, oregano, creamy Greek dressing
1-25	1-26	1-27	1-28	1-29
House Ranch Salad Winter Veggies, Sweet Peppers, Cucumbers, Cheese Blend, hard boiled eggs, with tangy house made ranch	Tuna Sashimi Sushi Rice Sliced Avocado, Carrots, Cucumber, Kale Soy Sauce	Hawaiian Poke Salad Citrus ceviche tuna rare Pineapple relish Brown rice bed Shredded cabbage and kale	Lemon Grilled Tilapia Roasted Veggies, diced tomato, cucumber, Specialty Grains, Lettuce Bed	“Fried” Chicken Salad Baked Chicken tenders Romaine Hearts, Tomatoes, Eggs, Cucumber, Sweet Peppers