

## Bistro Kids January Seasonal Salad Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1.1	1.2	1.3	1.4	1.5
		<b>SALAD BAR DAY</b>	<b>Salmon Zoodler</b> Flaked cooked Salmon Spiralized zucchini noodles Assorted veggies, romaine lettuce	<b>Very Berry Chicken</b> greens, strawberry, raisins, grapes, carrots, sunflower seeds
1.8	1.9	1.10	1.11	1.12
<b>Lemon Grilled Salmon</b> Roasted Veggies, diced tomato, cucumber, Lettuce Bed	<b>Japanese Noodle Salad</b> Crispy tofu, teriyaki noodles, Asian marinated veggies, Bed of kale	<b>SALAD BAR DAY</b>	<b>BBQ Grilled Salmon</b> carrot & cucumber diced potato Greens	<b>No School Recording Day</b>
1.15	1.16	1.17	1.18	1.19
<b>No School Martin Luther King Day</b>	<b>Ahi Tuna Zoodler</b> Seared Tuna served rare Spiralized zucchini noodles Assorted veggies, romaine lettuce	<b>SALAD BAR DAY</b>	<b>BBQ Tofu Salad</b> Crispy tofu in BBQ sauce Romaine bed Celery, carrots, mozzarella	<b>Greek Chicken Salad</b> Seasoned chicken breast, diced tomatoes, diced cucumber, sliced black olives, greens
1.22	1.23	1.24	1.25	1.26
<b>Honey Roasted Chickpeas</b> Tomato, Corn, Avocado, Mozzarella, Bed of Greens	<b>Tuna Sashimi</b> Sushi Rice Sliced Avocado, Carrots, Cucumber, Kale Soy Sauce	<b>SALAD BAR DAY</b>	<b>Lemon Grilled Salmon</b> Roasted Veggies, diced tomato, cucumber, Lettuce Bed	<b>“Fried” Chicken Salad</b> Baked Chicken tenders Romaine Hearts, Tomatoes, Eggs, Cucumber, Sweet Peppers
1.29	1.30	1.31		
<b>Homestyle Tuna Salad</b> Shredded Carrots, Sweet Peppers, Cucumbers, Cheese Blend	<b>Salmon Sashimi</b> Sushi Rice Sliced Avocado, Carrots, Cucumber, Kale Soy Sauce	<b>SALAD BAR D</b>		