

January 2018

Elementary School



Breakfast	8:30 – 9:00		Lunch	
	Reduced	Paid	Reduced	Paid
Student	FREE	FREE	FREE	FREE
Adults		\$2.40		\$3.80

MENU SUBJECT TO CHANGE



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

HEALTH/FITNESS AWARENESS and DENTAL AWARENESS MONTH



Monday

Offered Daily
Asst. Sandwiches
Asst. Salads
Asst. Fresh Fruit
Asst. 100% Fruit Juice

1

Tuesday

Cheeseburger
V: Veggie Burger
Baked Beans
Fresh Fruit Salad
French Fries
Asst. Milk

2

Wednesday

BBQ Chicken Quesadilla
V: Cheese Quesadilla
Broccoli
Mixed Fruit
Asst. Milk
Hash Brown

3

Thursday

National Spaghetti Day
Spaghetti w/ Meatballs
V: Ziti w/ Alfredo Sauce
Corn
Mixed Fruit
Asst. Milk

4

Friday

Mozzarella Cheese Sticks
w/ Sauce
Baked Cookie
Toss Salad
Fresh Cantaloupe
Asst. Milk

5

Chicken Patty on a Roll
V: Fish on a Roll
Green Beans
Mixed Fruit
Asst. Milk
French Fries

8

Turkey Club Wrap
V: Roasted Veg. Wrap
Vegetarian Beans
Pears
Asst. Milk
Potato Rounds

9

Lasagna
V: Vegetable Lasagna
Corn
Apple sauce
Asst. Milk

10

National Milk Day
Loaded Nachos w/Chili
V: Cheese Nachos
Salsa
Peaches
Asst. Milk

11

Pepperoni & Cheese Bread
V: Cheese Bread
Caesar Salad
Fresh Fruit Salad
Asst. Milk

12

NO SCHOOL

15

Hot Dog on a Roll
V: Fish Patty
Corn
Pears
Asst. Milk
Potato Pancakes

16

Tacos
V: Fish Tacos
Black Bean Salsa
Peaches
Asst. Milk

17

Macaroni & Cheese
Broccoli
Peaches
Asst. Milk

18

National Popcorn Day
Italian Mix Sub
V: Caprese Wrap
Italian Roasted Vegetables
Orange Wedges
Asst. Milk

19

Chicken Nuggets w/ Lo mein
V: Fish Nuggets
Green Beans
Mixed Fruit
Asst. Milk

22

Ham & Cheese Croissant
V: Cheese Croissant
Tomato Soup & Carrots Sticks
Pears
Asst. Milk

23

Sloppy Joe on a Roll
V: Vegetarian Beans
Peaches
Asst. Milk
Hash Brown

24

Jerk Chicken w/ Rice & Beans
V: Baked Fish
Corn
Apple Sauce
Asst. Milk

25

Pepperoni Pizza
V: Cheese Pizza
Caesar Salad
Fresh Fruit Salad
Asst. Milk

26

Steak Umm on a Roll
V: Veggie Burger
Vegetarian Beans
Peaches
Asst. Milk
French Fries

29

French Toast Sticks w/Turkey Sausage
V: Falafel Patties
Corn
Apple Sauce
Asst. Milk

30

Loaded Nachos w/Chili
V: Cheese Nachos
Salsa
Peaches
Asst. Milk

31

