







LCSD#1 Elementary Lunch Menu January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Happy Birthday Fruit Snacks!</p> <p>If your birthday is in December you can have a free package of fruit snacks when you join us for lunch on the 23rd.</p> 	<p>Elementary Lunch Prices:</p> <p>Free Reduced – \$0.40 Paid – \$2.40 Adult/Visitor – \$4.00</p>	<p>Menu subject to change based on availability. Go to nutrition.laramie1.org for updates.</p> <p>P – Contains Pork ✓ – Vegetarian Entrée</p>	<p>Turkey sandwiches on whole wheat bread are offered as an additional entrée most days.</p> <p>Each entrée comes with your choice of fruit, vegetables and milk.</p>	
<p>1</p> <p>HAPPY NEW YEAR</p>	<p>2</p> <p>Chicken Nuggets with Goldfish</p> <p>✓ Bean & Cheese Burrito Side: Seasoned Green Beans</p>	<p>3</p> <p>Breakfast for Lunch</p> <p>✓ Mini Pancakes ✓ French Toast Sticks ✓ Yogurt & Sausage Sides: Hash Browns & Baby Carrots</p>	<p>4</p> <p>Ham & Cheese Ripper</p> <p>✓ Cheddar Baked Potato Side: Fresh Veggie Patch</p>	<p>5</p> <p>Italian Friday Chicken Alfredo with Garlic Bread Stick</p> <p>✓ Fruit, Yogurt & Cheese Plate Side: Fresh Veggie Patch ☆☆Frozen Strawberry Cup☆☆</p>
<p>8</p> <p>Chicken Drumstick with Mashed Potatoes</p> <p>Munchable with Goldfish Sides: Steamed Corn & Baby Carrots</p>	<p>9</p> <p>Mini Bagel Pizzas</p> <p>✓ Bean & Cheese Burrito Side: Fresh Veggie Patch</p>	<p>10</p> <p>Homemade Chili with Cinnamon Roll</p> <p>Side: Fresh Veggie Patch</p>	<p>11</p> <p>✓ Grilled Cheese and Tomato Soup - <i>Now Made with Cheddar Cheese!</i> Chicken Tenders Side: Fresh Veggie Patch</p>	<p>12</p> <p>All-American Friday All-Beef Hamburger with Potato Smiles</p> <p>✓ Fruit, Yogurt & Cheese Plate Side: Fresh Veggie Patch</p>
<p>15</p> <p>No School</p> 	<p>16</p> <p>Mini Corn Dogs</p> <p>✓ Bean & Cheese Burrito Side: Seasoned Green Beans</p>	<p>17</p> <p>Breakfast for Lunch</p> <p>✓ Mini Pancakes ✓ French Toast Sticks ✓ Yogurt & Sausage Sides: Hash Browns & Baby Carrots</p>	<p>18</p> <p>Teriyaki Chicken over Brown Rice</p> <p>✓ Cheddar Baked Potato Side: Fresh Veggie Patch</p>	<p>19</p> <p>✓ Cheese Pizza Ripper</p> <p>✓ Fruit, Yogurt & Cheese Plate Sides: Baby Carrots and Tomato Bites</p>
<p>22</p> <p>Steak Fingers with Dippin' Gravy and Cornbread</p> <p>✓ Bean & Cheese Burrito Side: Cheesy Broccoli</p>	<p>23</p> <p>Upside Down Turkey Pot Pie</p> <p>Chicken Tenders Side: Fresh Veggie Patch</p> 	<p>24</p> <p>Super Nachos with Homemade Cheese Sauce</p> <p>Munchable with Goldfish Sides: Refried Black Beans Shredded Lettuce Diced Tomatoes</p>	<p>25</p> <p>✓ French Bread Boat with Marinara Sauce</p> <p>✓ Cheddar Baked Potato Side: Fresh Veggie Patch</p>	<p>26</p> <p>Fiesta Friday Beef Burrito Bowl</p> <p>✓ Fruit, Yogurt & Cheese Plate Sides: Mexicali Corn Shredded Lettuce Diced Tomatoes ☆☆Cookie☆☆</p>
<p>29</p> <p>Chicken Nuggets</p> <p>✓ Bean & Cheese Burrito Side: Baked Beans & Baby Carrots</p>	<p>30</p> <p>Meatballs with Gravy over Mashed Potatoes</p> <p>Munchable with Goldfish Side: Fresh Veggie Patch</p>	<p>31</p> <p>Breakfast for Lunch</p> <p>✓ Mini Pancakes ✓ French Toast Sticks ✓ Yogurt & Sausage Sides: Hash Browns & Baby Carrots</p>	<p>This institution is an equal opportunity provider.</p>	 <p>Submit your recipe for the Junior Chef Contest by January 12th! More info at nutrition.laramie1.org</p>

Breakfast Menu

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
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Elementary School (ES) Breakfast Prices(except Universal Breakfast schools - see below):

Free, Reduced \$0.30, Paid \$1.25, Adult \$2.00

In addition to the regular menu below, students will have other entrée choices such as: Ultimate Breakfast Round, Mini Breakfast Bar, Bagel, Cold Cereal, Granola, & Yogurt. Breakfast is served with your choice of fruit, juice, and milk.

All breakfast entrées are vegetarian, except Pancake on Stick and Breakfast Sliders.



Universal Breakfast (UB) Elementary Schools – Afflerbach, Arp, Cole, Hebard & Rossman.

All Universal Breakfast schools provide free breakfast to all students (funded by the USDA).

Ultimate Breakfast Round is an additional entrée choice each day.

Breakfast is served with your choice of fruit, juice, and milk.

P – Contains Pork

1	2	3	Build Your Own! 4	5
HAPPY NEW YEAR	ES: Pancake on Stick – P UB: Blueberry Bagel with Cream Cheese	ES & UB: Blueberry Bread	ES: Yogurt Parfait Bar with Fruit Toppings UB: Yogurt and Granola	ES & UB: Mini Maple Waffles
8	9	10	Build Your Own! 11	12
ES & UB: Blueberry Muffin	ES: Breakfast Sliders UB: Bagel with Cream Cheese	ES & UB: Fruit Frudel	ES: Oatmeal Bar with Fruit Toppings UB: Chocolate Chip Benefit Bar	ES & UB: Mini Blueberry Waffles
No School 15	16	ES: Blueberry 17	Build Your Own! 18	19
	ES: Pancake on Stick – P UB: Blueberry Bagel with Cream Cheese	Biscuit UB: Strawberry Bagelful	ES: Yogurt Parfait Bar with Fruit Toppings UB: Yogurt and Granola	ES & UB: Mini Maple Waffles
22	23	24	Build Your Own! 25	26
ES & UB: Apple Cinnamon Muffin	ES: Pancake on Stick – P UB: Bagel with Cream Cheese	ES & UB: Fruit Frudel	ES: Oatmeal Bar with Fruit Toppings UB: Chocolate Chip Benefit Bar	ES & UB: Mini Blueberry Waffles
29	30	31		
ES & UB: Banana Muffin	ES: Pancake on Stick – P UB: Blueberry Bagel with Cream Cheese	ES & UB: Blueberry Bread		

Student Meal Accounts Online

You can easily manage your student's meal account at www.myschoolbucks.com
Free online services include
-Set up email alerts for low balances
-View your student's purchases
Only \$2.49 Credit Card Fee to add money to your student's account online. Checks and cash accepted at your student's school at no extra charge.

Free and Reduced Applications

are accepted all school year. It's quick and easy!
Go to www.myschoolapps.com
Call 771-2440 for paper applications and any questions.

This institution is an equal opportunity provider.

Looking For a Job?

We hire throughout the year!
Check out www.laramie1.org
For employment opportunities!

Muffin Mondays!

Join us for breakfast every Muffin Monday to try all four delicious flavors!
Banana, Blueberry, Chocolate Chip, and Apple Cinnamon – Yum!

