




LCSD#1 Elementary (Afflerbach, Alta Vista, Arp, Cole, Sunrise and Rossman) Supper Menu January 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>Suppers are FREE for all students participating in the ASK Program at Afflerbach, Alta Vista, Arp, Cole, & Rossman Elementary Schools!</p> | <p>Menu subject to change based on availability.</p> <p>This institution is an equal opportunity provider.</p> | <p>*Sun Wise Sandwich Made With Sunflower Seed Butter</p> <p>All menu items are served cold.</p> |  | |
|  | | <p>Deli Sandwich 2 On Hoagie Roll Cucumber Slices Fruit Milk</p> | <p>Sun Wise Sandwich* 3 String Cheese & Graham Crackers Edamame and Tomato Bites Fruit & Milk</p> | <p>Munchable 4 Deli Turkey, Cheese Stick, and Goldfish Crackers Corn & Pea Salad Fruit & Milk</p> |
| <p>Breakfast Basket 7 Yogurt & String Cheese PLUS Breakfast Item – Varies (cereal, mini bar, muffin, frudel, bagel) Baby Carrots, Fruit & Milk</p> | <p>Cheese Pizza Ripper 8 Broccoli Bites and Celery Sticks Fruit Milk</p> | <p>Deli Sandwich 9 On Hoagie Roll Cucumber Slices Fruit Milk</p> | <p>Sun Wise Sandwich* 10 String Cheese & Graham Crackers Edamame and Tomato Bites Fruit Milk</p> | <p>Munchable 11 Deli Turkey, Cheese Stick, and Goldfish Crackers Corn & Pea Salad Fruit & Milk</p> |
| <p>Breakfast Basket 14 Yogurt & String Cheese PLUS Breakfast Item – Varies (cereal, mini bar, muffin, frudel, bagel) Baby Carrots, Fruit & Milk</p> | <p>Cheese Pizza Ripper 15 Broccoli Bites and Celery Sticks Fruit Milk</p> | <p>Deli Sandwich 16 On Hoagie Roll Cucumber Slices Fruit Milk</p> | <p>Sun Wise Sandwich* 17 String Cheese & Graham Crackers Edamame and Tomato Bites Fruit Milk</p> | <p>Munchable 18 Deli Turkey, Cheese Stick, and Goldfish Crackers Corn & Pea Salad Fruit & Milk</p> |
|  <p>21</p> | <p>Cheese Pizza Ripper 22 Broccoli Bites and Celery Sticks Fruit Milk</p> | <p>Deli Sandwich 23 On Hoagie Roll Cucumber Slices Fruit Milk</p> | <p>Sun Wise Sandwich* 24 String Cheese & Graham Crackers Edamame and Tomato Bites Fruit & Milk</p> | <p>Munchable 25 Deli Turkey, Cheese Stick, and Goldfish Crackers Corn & Pea Salad Fruit & Milk</p> |
| <p>Breakfast Basket 28 Yogurt & String Cheese PLUS Breakfast Item – Varies (cereal, mini bar, muffin, frudel, bagel) Baby Carrots, Fruit & Milk</p> | <p>Cheese Pizza Ripper 29 Broccoli Bites and Celery Sticks Fruit Milk</p> | <p>Deli Sandwich 30 On Hoagie Roll Cucumber Slices Fruit Milk</p> | <p>Sun Wise Sandwich* 31 String Cheese & Graham Crackers Edamame and Tomato Bites Fruit Milk</p> |  |