

**January Menu 2019  
Elementary School**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>7</b> Happy New Year Celebration Nuggets Bean & Cheese Burrito* & Salsa <i>Get Healthy Salad Bar</i>	<b>8</b> Marinara & Meat Sauce with Pasta Grilled Cheese Sandwich* <i>Get Healthy Salad Bar</i>	<b>9</b> Teriyaki Chicken Rice & Carrots Cheesy Wheel* & Marinara <i>Get Healthy Salad Bar</i>	<b>10</b> Turkey & Gravy  Cheese Quesadilla* & Salsa <i>Get Healthy Salad Bar</i>	<b>11</b> Mini Hamburgers & Carrots Stuffed Cheese Shells* & Marinara Sauce <i>Get Healthy Salad Bar</i>
<b>14</b> Pop Corn Chicken & Tater Tots Cheese Tamales*  <i>Get Healthy Salad Bar</i>	<b>15</b> Chicken Tortilla Soup  Bean & Cheese Burrito*  <i>Get Healthy Salad Bar</i>	<b>16</b> Shredded Pork on a Hoagie Roll Cheese Lasagna* & Marinara Sauce  <i>Get Healthy Salad Bar</i>	<b>17</b> Chicken Fajitas & Rice Cheese Bread Sticks*  <i>Get Healthy Salad Bar</i>	<b>18</b> Marinara & Meat Sauce & Pasta Grilled Cheese Sandwich*  <i>Get Healthy Salad Bar</i>
	<b>22</b> Chicken Tenders & Potato Wedges Cheese Enchilada* & Salsa <i>Get Healthy Salad Bar</i>	<b>23</b> Marinara & Meat Sauce & Spaghetti Ravioli & Marinara Sauce*  <i>Get Healthy Salad Bar</i>	<b>24</b> Turkey & Cheese Nachos Grilled Cheese Sandwich*  <i>Get Healthy Salad Bar</i>	<b>25</b> Orange Chicken & Rice Bean and Cheese Burrito*  <i>Get Healthy Salad Bar</i>
<b>28</b> Beef Taco Stick & Salsa Bean & Cheese Burrito* & Salsa <i>Get Healthy Salad Bar</i>	<b>29</b> Turkey Nada & Salsa Cheese Enchilada* & Salsa  <i>Get Healthy Salad Bar</i>	<b>30</b> Mini Cheeseburgers  Cheese Bread Sticks*  <i>Get Healthy Salad Bar</i>	<b>31</b> Chicken Taco & Salsa Grilled Cheese Sandwich*  <i>Get Healthy Salad Bar</i>	<b>1</b> Chicken Egg Rolls  Cheese Quesadilla* & Salsa  <i>Get Healthy Salad Bar</i>

**Ala-carte items for sale: Water \$0.50 & \$1.50**

*Enjoy a Healthy Salad Bar*

**At least one item from each USDA Vegetable Subgroups will be available to students everyday!**

Dark Green Vegetables (iron, vitamin C, lutein) = bok choy, broccoli, greens, green kale, parsley purple kale, romaine lettuce, spinach.

Starchy Vegetables (potassium, magnesium, allacin) = cassava, corn, jicama, lima beans, plantains, potatoes, taro, water chestnuts.

Red & Orange Vegetables (vitamin A, vitamin K, lycopenes) = carrots, red bell peppers, pumpkin, sweet potatoes, squash, tomatoes.

Legumes or Beans (fiber, zinc, flavanoids) = black beans, garbanzo beans, kidney beans, lentils, navy beans, pinto, soy beans, white beans.

Other Vegetables (vitamin A, Vitamin C, allacin) = beets, cabbage, cauliflower, celery, cucumbers, green beans, peppers, olives, radishes, zucchini.

**Milk = 1% or Non-fat White, Non-fat Chocolate, & Non-fat Strawberry**

**Fuel up to Learn Breakfast (Hot Chocolate available for \$1.50)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Muffins &amp; Cheese Stick*</b> Fruit and Juice Cold Cereal & Milk	<b>Breakfast Croissant</b> Fruit and Juice Cold Cereal & Milk	<b>Breakfast Burrito</b> Fruit and Juice Cold Cereal & Milk	<b>English Muffin Sandwich</b> Fruit and Juice Cold Cereal & Milk	<b>Dutch Waffle*</b> Fruit and Juice Cold Cereal & Milk

**\*Other Vegetarian Options Available Daily at Lunch:**

- Grilled Cheese Sandwich
- Wow Butter & Jelly Sandwich
- Yogurt & Granola



**BREAKFAST \$2.00:** Includes whole grain-rich entree, fruit or 100% juice, and milk  
**LUNCH \$3.75:** Includes whole grain-rich entree, salad bar, fruit, and milk  
 A second milk may be purchased for \$0.50 or soy milk for \$1.00  
 Bottled water may be purchased for \$0.50 (small) & \$1.50 (large)  
 Lactose-Free milk available upon request

**MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Please keep meal accounts current. CNS accepts cash, checks, or online payments which can be made at MySchoolBucks.com. CNS is an equal opportunity employer. For more info please call us at 925-426-4417.