

January 2018 Elementary School Lunch

Meal Pattern

Choice of Entrée,
Grain/Bread, Vegetable,
Fruit, Milk

Milk Choices of 1%-14
or Fat Free Chocolate-
20 are offered daily

Juice-14,
Craisins/Raisins-29
are offered daily

Food Bytes

*Whole School, Whole
Community,
Whole Child*

Did you know that in healthy schools, students are more alert and focused on learning and miss less school? They not only learn better but also learn life-long healthy behaviors. Healthier schools lead to healthier students which lead to healthier



**five two one
almost none**

This institution is an equal
opportunity provider.
Menu subject to change.

Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
<p>HOLIDAY</p> 	<p>CLOSED TEACHER WORKDAY</p>	<p>Veggie Beef Soup-14 *Grilled Cheese-29 or *PB & J Sandwich-53 Garden Salad w/Egg-12 & *Breadstick-18 Steamed Broccoli-5 Carrots-6 w/dip Local Fresh Apple-17 Fruit Cocktail-15</p>	<p>Mac & Cheese-25 w/ Grilled Franks Teriyaki Dipper-6 Chef Garden Salad-15 w/ *Roll-29 Pinto Beans-18, Onions-1, Cabbage-5 & Tomatoes-3 Cornbread-25 Fresh Banana-27 Craisins-28</p>	<p>*Fish Fillet Sandwich-42 BBQ Dinner-17 w/ 2 Hushpuppies-15 Crinkle Cut Fries-14 Seasoned Green Beans-3 Creamy Cole Slaw-5 Fresh Banana-27 Sliced Pears-15</p>
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
<p>-Breakfast for Lunch Day- Eggs, Sausage-1 or Chicken-7 Biscuit-28, Gravy-10 or *French Toast Sticks-38 Sliced or Grape Tomatoes-8 Tater Tots-14 Strawberry Cup- 15 Applesauce-14</p>	<p>*Chicken Fajita -30 *Cheese Quesadilla-30 Chicken Caesar Salad-21 w/ *Roll-29 Onions-1, Peppers-1, Salsa-3, Sour Cream-2, Lettuce-3, Tomato-3 & Cheese-1 Black Beans-20, Corn-16 Local Fresh Apple-17 Craisins-28</p>	<p>*Ham & Cheese Sandwich-33 *Cheeseburger-30 Garden Salad w/ Cheese-12 & *Breadstick-18 Carrots-6 w/ dip Potato Wedges- 18 Fresh Banana-27 Sliced Peaches-14</p>	<p>Chicken Alfredo-34 Teriyaki Dipper -6 w/ *Roll-29 Chicken Garden Salad-15 w/ *Roll-29 Seasoned Green Beans-3 Garden Side Salad-5 Local Fresh Apple-17 Pineapple Tidbits-19</p>	<p>*Cheese Stuffed Sticks-30 w/ Marinara Sauce 5 Chicken Rings -14 w/ *Breadstick-18 Steamed Broccoli-5 Glazed Carrots-19 Crinkle Fries- 14 Orange Slices-16 Fruit Cocktail-15</p>
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
<p>HOLIDAY</p> 	<p>*Taco Salad-35 *Cheese Quesadilla-30 Chicken Caesar Salad-21 w/ *Roll-29 Fiesta Beans-20, Corn-16 Salsa-3, Sour Cream-2, Lettuce-3, Tomato-3 & Cheese-1 Fresh Orange-16 Pineapple Tidbits-19</p>	<p>*Sloppy Joe Sandwich-37 *Corn Dog-30 Garden Salad w/ Cheese -18 & *Breadstick-18 Peas-11 Baked Sweet Potato-12 w/ cinnamon topping-11 Fresh Orange-16</p>	<p>Spaghetti-29 w/*Breadstick-18 *Chick Fillet Sandwich-42 Chicken Garden Salad-27 w/ *Breadstick-18 Caesar side Salad-8 Mixed Veggies-4 Fresh Local Apple-17 Applesauce-14</p>	<p>*Stuffed Crust Pizza-34 5 Chicken Nuggets-13 w/ *Roll-29 Crinkle Cut Fries-14 Glazed Carrots-19 Local Fresh Apple-17 Sliced Peaches-14</p>
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
<p>*BBQ Sandwich-43 *Cheese Stuffed Sticks-30 w/ Marinara Sauce Creamy Cole Slaw-5 Baked Beans-27 Tater Tots-14 Fresh Banana-27 Fruit Cocktail-15</p>	<p>CLOSED TEACHER WORKDAY</p>	<p>*Turkey & Cheese Sub-35 *Chick Fillet Sandwich-42 Garden Salad w/ Egg-12 & *Breadsticks-18 Mixed Veggies-4 Straight Cut Fries-19 Tomato-3 & Lettuce-3 Fresh Nectarine-15 Pineapple Tidbits-19</p>	<p>Baked Ziti-40 w/2 *Breadsticks-36 5 *Chicken Rings-14 w/ *Breadstick-18 Chef Garden Salad -15 w/ *Breadstick-18 Caesar side Salad-8 Fresh Cucumber Slices-4 Fresh Banana-27</p>	<p>*Pepperoni Pizza-34 *Corn Dog-30 Sweet Potato Crinkle Fries-19 Broccoli Cheese Soup- 23 Fresh Apple-17 Fruit Cocktail- 15</p>
Monday, January 29	Tuesday, January 30	Wednesday, January 31		
<p>Salisbury Steak- 6 5 Chicken Nuggets-13 w/ *Roll-29 Egg Salad Wrap w/ lettuce & carrots - 27 Mashed Potatoes-14 Gravy- 4 Seasoned Green Beans-3 Local Fresh Apple-17 Sliced Pears-15</p>	<p>*Taco Salad-35 *Cheese Quesadilla-30 Chicken Caesar Salad-21 w/ *Roll-29 Fiesta Beans-20, Corn-16 Salsa-3, Sour Cream-2, Lettuce-3, Tomato-3 & Cheese-1 Fresh Orange-16</p>	<p>-Breakfast for Lunch Day- Eggs, Sausage-1 or Chicken-7 Biscuit-28, Gravy-10 or *French Toast Sticks-38 Sliced or Grape Tomatoes-8 Tater Tots-14 Strawberry Cup- 15 Applesauce-14</p>	<p>*Notes items that are whole grain or contain whole grain. Numbers listed to the right of each item are total carbohydrates in grams.</p>	