

JANUARY



Cafe Menu

Elementary Schools

2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 12/18/18
MENU IS SUBJECT TO CHANGE	<p><u>We Use Boar's Head Premium Deli Meats</u></p>  <p>Boar's Head</p>	<p>2</p> <p>Cheeseburger On A Bun Broccoli Baked French Fries Fresh Fruit Choice Milk Choice</p>	<p>3 Brunch For Lunch</p> <p>French Toast Sticks Sausage Patty Tater Tots Apple Milk Choice</p>	<p>4</p> <p>Pizza Slice Cheese or Pepperoni Garden Salad Fresh Fruit Choice Milk Choice</p>
<p>7</p> <p>Chicken Nuggets Carrot Coins French Fries Applesauce Cup Milk Choice</p>	<p>8</p> <p>Mozzarella Sticks With Marinara Sauce Green Beans Strawberry Cup Milk Choice</p>	<p>9</p> <p>Pasta With Meat Sauce Bread Stick Broccoli Apple Milk Choice</p>	<p>10 Brunch For Lunch</p> <p>Pancakes & Bacon Celery Sticks Applesauce Milk Choice</p>	<p>11</p> <p>Pizza Slice Cheese or Pepperoni Cucumber Coins Fresh Fruit Choice Milk Choice</p>
<p>14</p> <p>Chicken Patty On A Roll French Fries Broccoli Diced Peaches Milk Choice</p>	<p>15</p> <p>Taco Dippers (Tostitos, Beef, Salsa & Cheese) Sweet Corn Applesauce Milk Choice</p>	<p>16</p> <p>Pizza Sticks With Marinara Sauce Green Beans Strawberry Cup Milk Choice</p>	<p>17 Brunch For Lunch</p> <p>French Toast Sticks Sausage Patty Tater Tots Apple Milk Choice</p>	<p>18</p> <p>Pizza Slice Cheese or Pepperoni Celery Sticks Fresh Fruit Choice Milk Choice</p>
<p>21</p> <p>NO SCHOOL Martin Luther King Jr. Day</p>	<p>22 PIZZA SURPRISE</p> <p>Stuffed Crust Cheese Pizza Carrot Sticks Applesauce Cup Milk Choice</p> 	<p>23</p> <p>Jamaican Beef Patty Wrap Sweet Corn Peaches Milk Choice</p>	<p>24 Brunch For Lunch</p> <p>Bacon, Egg & Cheese on a Roll Tater Tots Apple Milk Choice</p>	<p>25</p> <p>Pizza Slice Cheese or Pepperoni Garden Salad Fresh Fruit Choice Milk Choice</p>
<p>28</p> <p>Chicken Tenders Carrot Coins Baked French Fries Fruit Choice Milk Choice</p>	<p>29</p> <p>Twin Tacos with Taco Meat, Cheese, Salsa and Corn Mixed Fruit Cup Milk Choice</p>	<p>30</p> <p>Pasta With Meat Sauce Bread Stick Broccoli Apple Milk Choice</p>	<p>31 Brunch For Lunch</p> <p>French Toast Sticks Sausage Patty Tater Tots Applesauce Milk Choice</p>	

Regular Lunch-\$2.75

Please register at MySchoolBucks.com To make pre-payments, Check balances and Transaction history. Look on District Website under "Lunch for details.

DAILY ALTERNATES:

- MONDAY - Bacon Egg Cheese
- TUESDAY - Boar's Head Ham & Cheese
- WEDNESDAY - French Toast Sticks
- THURSDAY - Chicken Tenders
- FRIDAY - Chicken & Cheese Quesadilla

Meal Components

- Meat/Meat alternative** – 1-2 oz. Daily minimum (8-10 oz. weekly)
- Whole Grain** – 1-2oz – (8-9 oz. weekly)
- Vegetable** – 3/4 cup (3 3/4 cup weekly)
- Fruit** – 1/2 Cup (2 1/2 cup weekly)
- Milk** – 8 oz. milk choice
- USDA Regulations** – Students must take 3 of 5 components 1 of which must be a fruit or vegetable

We are committed to serving healthy, nutritious meal choices. Our meals emphasize whole grains, fresh fruits, vegetables and *nothing is ever fried*. **Menu is subject to change without notice.** This institution is an equal opportunity Provider and employer. If you would like to apply for a sub position with our kitchen please contact Human Resources at 631.262.6627.

DAILY ALTERNATES:

Regular Bagel With Butter Or Cream Cheese
 Cereal, Salad or Yogurt With Fresh Fruit

Gluten Free Options (Must notify kitchen ahead of time):

Pizza, Chicken Tenders, Bagels, Salads