

# January 2019 Breakfast Menu

HAPPY  
NEW  
YEAR

## Lincoln Elementary School



















**All Breakfast Entrees  
are Whole Grain**

**Be a Rising Star  
with a  
Healthy School Breakfast**

Breakfast is one of the most important meals of the day and is proven to contribute toward improved academic performance.

*School Breakfast is  
Fuel for Learning!*



	1	2	3	4
	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>
Cinnamon Apple Breakfast Bar  Applesauce Cup 7	Great Earth Cinnamon Roll  Fresh Apple Slices Raisins 8	Yogurt with Sunrise Bites  Fresh Banana 100% Fruit Juice 9	Breakfast Cereal with Grahams  Fresh Apple 10	Coffee Cake with Cinnamon Crumbles  Strawberry Applesauce 100% Fruit Juice 11
Breakfast Cereal with Grahams  Applesauce Cup Raisins 14	Pop Tart  Fresh Apple Slices Craisins 15	Yogurt with Sunrise Bites  Fresh Banana 100% Fruit Juice 16	Breakfast Cereal with Grahams  Fresh Apple 17	Blueberry Bagel with Cream Cheese  Strawberry Applesauce 100% Fruit Juice 18
<b>SCHOOL HOLIDAY</b> <b>MARTIN LUTHER KING JR. DAY</b> 21	Great Earth Cinnamon Roll  Fresh Apple Slices Raisins 22	Yogurt with Sunrise Bites  Fresh Banana 100% Fruit Juice 23	Breakfast Cereal with Grahams  Fresh Apple 24	Coffee Cake with Cinnamon Crumbles  Strawberry Applesauce 100% Fruit Juice 25
Cinnamon Apple Breakfast Bar  Applesauce Cup 28	Pop Tart  Fresh Apple Slices Raisins 29	Yogurt with Sunrise Bites  Fresh Banana 100% Fruit Juice 30	Breakfast Cereal with Grahams  Fresh Apple 31	

Menu is subject to change. Notice will be given if possible.

**Breakfast includes:**

**MILK**

1% Low Fat White Milk

**OR**

Non Fat White Milk

# Lincoln Elementary School

# January 2019 Lunch Menu

HAPPY NEW YEAR

## All Lunch Entrees are Whole Grain

Our delicious meals provide essential vitamins and nutrients necessary for both learning and play time.

Our meals meet USDA required standards in fats, sugars and sodium, and provide servings of a variety of healthy fruits and vegetables.

## Lunch Includes:

### VEGETABLES Choose 1 or 2



















- Daily: Fresh Veggie Cup  
Tossed Green Salad w/Dressing
- Monday: Black Bean & Corn Salsa
- Tuesday: Fresh Baby Carrots  
Taco Pack or Pickle Pack
- Wednesday: Fresh Celery Sticks
- Thursday: Fresh Baby Carrots
- Friday: Black Bean & Corn Salsa

### FRUIT Choose 1

- Fresh Fruit (Seasonal) Applesauce Cup
- Fruit Cup Raisins
- Also offered on Tuesdays/Thursdays:  
100% Fruit Juice

### MILK Choose 1

- 1% Low Fat White Milk OR
- Non Fat Chocolate Milk

<b>NO SCHOOL</b>			
<b>NO SCHOOL</b>			
<b>NO SCHOOL</b>			
<b>NO SCHOOL</b>			
<p>7 Wild Mike's Cheese Pizza Wedge </p> <p>OR</p> <p>Grilled Cheese Sandwich</p>	<p>8 <b>Build-a-Burger Day</b></p> <p>Your choice of: Hamburger OR Cheeseburger</p> <p>Topping Choices: Pickles, Lettuce, Tomato</p>	<p>9 Tony's Galaxy Pepperoni Pizza </p> <p>Pepperoni is a Beef/Turkey Blend - No Pork-</p>	<p>10 Teriyaki Chicken Bowl with <i>Fortune Cookie</i> </p> <p>OR</p> <p>Garlic French Bread with Marinara Dipping Sauce</p>
<p>14 Toasted Cheese Ravioli with Dipping Sauce </p> <p>OR</p> <p>Chicken Corn Dog</p>	<p>15 <b>TACO TUESDAY</b></p> <p>Beef &amp; Cheese Taco </p> <p>OR</p> <p>Chicken &amp; Cheese Taco </p>	<p>16 Tony's Galaxy Pepperoni Pizza </p> <p>Pepperoni is a Beef/Turkey Blend - No Pork-</p>	<p>17 Spaghetti with Turkey Meatsauce </p> <p>OR</p> <p>Macaroni &amp; Cheese</p>
<b>FACTUAL FRIDAY</b> 			
What was Dr. Martin Luther King Jr.'s favorite food? <b>Pecan Pie</b> Walking Nachos			
<b>OPPOSITE DAY</b> 			
Chicken Tenders OR OR Arizona Gold Bean & Cheese Burrito			
<p>21 <b>SCHOOL HOLIDAY</b></p> <p><b>MARTIN LUTHER KING JR. DAY</b> </p>	<p>22 Wild Mike's Cheese Pizza Wedge </p> <p>OR</p> <p>Grilled Cheese Sandwich</p>	<p>23 Tony's Galaxy Pepperoni Pizza </p> <p>Pepperoni is a Beef/Turkey Blend - No Pork-</p>	<p>24 Teriyaki Chicken Bowl with <i>Fortune Cookie</i> </p> <p>OR</p> <p>Garlic French Bread with Marinara Dipping Sauce</p>
<p>28 Toasted Cheese Ravioli with Dipping Sauce </p> <p>OR</p> <p>Chicken Corn Dog</p>	<p>29 <b>TACO TUESDAY</b></p> <p>Beef &amp; Cheese Taco </p> <p>OR</p> <p>Chicken &amp; Cheese Taco </p>	<p>30 Tony's Galaxy Pepperoni Pizza </p> <p>Pepperoni is a Beef/Turkey Blend - No Pork-</p>	<p>31 <b>January Birthdays Celebration Day</b></p> <p><b>Birthday Cake Cookies</b></p> <p>Spaghetti with Turkey Meatsauce</p> <p>OR</p> <p>Macaroni &amp; Cheese</p>

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### Daily Additional Entrée Choices:

- Peanut Butter & Jelly Sandwich ■ Sun Butter Cup with Grahams ■ Turkey & Cheese OR Turkey-Ham & Cheese Sandwich
- Also available on Fridays: Colby Jack Cheese Sticks with Crackers