

# JANUARY 2019

## Elementary Lunch Menus

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Winter Holidays **1**

No School

Winter Holidays **2**

No School

Winter Holidays **3**

No School

Winter Holidays **4**

No School

Professional Development **7**

No School

Deluxe Chicken Sandwich Grilled Cheese **8**

Baked Beans  
Crispy Baked Fries  
Mixed Berry Fruit Cup  
Awesome Applesauce

Oven Roasted Chicken Beef Teriyaki Bites **9**

Crisp Chef Salad  
Divine Dinner Roll  
Green Peas  
Candied Yams  
Orange Smiles  
Perfect Peaches

Nacho Scoops Loaded Baked Potato w/ Breadstick **10**

Crisp Chef Salad  
Lettuce, Tomato & Salsa  
Buttered Corn  
Terrific Black Bean  
Mixed Fruit Cup/ Tangerine

Mozzarella Cheese Sticks w/ Marinara Pizza Slice **11**

Yogurt Meal  
Broccoli w/ Sauce  
Romaine Garden Salad  
Fruit Juice Cup  
Strawberry Cup

Chicken Bites Yogurt Meal **14**

Divine Dinner Roll  
Creamed Potatoes  
Green Beans  
Diced Pear Cup  
Perfect Peach Cup

Hot Dog w/ Chili Rib-E-Que on Bun **15**

Crisp Chef Salad  
Baked Beans  
Creamy Coleslaw  
Crispy Baked Fries  
Mixed Up Fruit Cup  
Fruit Cobbler

Turkey & Cheese Sub Pimento Cheese **16**

Baked Dorito's  
Lettuce & Tomato  
Vegetable Beef Soup  
Mini Carrots w/ Dip  
Strawberry Cup  
Fresh Fruit Wedges

Chicken & Noodles Toasted Grilled Cheese **17**

Crisp Chef Salad  
Bread Stick  
Broccoli w/ Cheese Sauce  
Breaded Okra  
Fruit Juice  
Fresh Kiwi Wedges

Parent Teacher Conferences **18**

No School

Martin Luther King, Jr. Holiday **21**

No School

Potato Bowl w/ Diced Ham & Cheese **22**

Turkey & Cheese on Bun  
Crisp Chef Salad  
Cinnamon Roll  
Buttered Corn  
Green Beans  
Applesauce / Peaches

Breakfast for Lunch Scrambled Eggs, Grits, **23**

Sausage & Biscuit  
Crisp Chef Salad  
Tasty Tater Rounds  
Mini Carrots w/ Dip  
Fruit Juice  
Orange Smiles

Kickin Chicken Rings Meatloaf **24**

Crisp Chef Salad  
Divine Dinner Roll  
Creamed Potatoes  
Pinto Beans  
Applesauce  
Fruit Juice

French Bread Pizza Pepperoni or Cheese **25**

Turkey & Cheese Wrap  
Yogurt Meal  
Broccoli w/ Sauce  
Romaine Garden Salad  
Strawberry Cup  
Mixed Up Fruit Cup

Cheeseburger Turkey & Cheese on Bun **28**

Yogurt Meal  
Lettuce & Tomato  
Mini Carrots w/ Dip  
Emoji Smile Potatoes  
Fresh Fruit Wedges  
Diced Pears

Soft Beef Taco Loaded Baked Potato w/ Breadstick **29**

Turkey & Cheese Slider  
Lettuce, Tomato & Salsa  
Buttered Corn  
Terrific Black Beans  
Strawberries / Fruit Juice

Baked Spaghetti Toasted Grilled Cheese **30**

Crisp Chef Salad  
Garlic Bread Stick  
Romaine Garden Salad  
Bright Broccoli w/ Sauce  
Fresh Pineapple Slices  
Mixed Up Fruit Cup

Corn Dog BBQ Pork on Bun **31**

Crisp Chef Salad  
Tater Rounds  
Baked Beans  
Mixed Berry Cup  
Peach Cup  
Ice Cream Treat

## Happy New Year!

Join us for a 5 Star Lunch in our Schools

A 5 Star Meal includes one choice from each Food Group. A nutritious, balanced diet for students should include whole grains, fruits, vegetables, lean meat, beans, nuts and low-fat dairy products.

Eating smart and moving more is the cornerstone of a healthy lifestyle and provides a solid foundation for children and youth to succeed in school and in life.

Market conditions, delivery and/or availability of food may require a change in menus.

"This institution is an equal opportunity provider and employer."

DID YOU KNOW...  
January's gem is garnet which represents constancy.