













January Lunch Menu



Elementary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2
 <h1>Welcome 2015</h1> 			HAPPY NEW YEAR!!!	
MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
 <p>IN-SERVICE DAY</p>	<p><i>Choice of One Entrée</i> Mini Chicken Sliders Pasta Italiano w/ Roll Veggies Choose up to 2 Glazed Copper Carrots Seasoned Green Beans</p> <p>Assorted Fruit & Juice - Choose up to 2 Choice of Milk</p>	<p><i>Choice of One Entrée</i> Soft Taco w/trimmings Nachos w/ Queso Veggies Choose up to 2 Steamed Broccoli Pinto Beans Zesty Salsa</p> <p>Assorted Fruit & Juice - Choose up to 2 Choice of Milk</p> 	<p><i>Choice of One Entrée</i> Hamburger w/lettuce and tomato Cheese Sticks w/Marinara Veggies Choose up to 2 Oven Baked French Fries Steamed Squash and Onions</p> <p>Assorted Fruit & Juice - Choose up to 2 Choice of Milk</p>	<p><i>Choice of One Entrée</i> "School pizza" Cheese or Pepperoni 4 x 6 Ham and Cheese Hoagie Veggies Choose up to 2 Leafy Green Salad w/dressing Seasoned Whole Kernel Corn</p> <p>Assorted Fruit & Juice - Choose up to 2 Choice of Milk</p> 
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
<p><i>Choice of One Entrée</i> Mini Chicken Sliders Sloppy Joes Veggies Choose up to 2 Baked Tater tots Creamy Cole Slaw</p> <p>Assorted Fruit & Juice - Choose up to 2 Choice of Milk</p> 	<p><i>Choice of One Entrée</i> Steak Fingers and Gravy Fish Nuggets w/ tarter sauce or catsup Macaroni and Cheese Veggies Choose up to 2 Seasoned Green Beans Glazed Copper Carrots Whole Grain Roll</p> <p>Assorted Fruit & Juice - Choose up to 2 Choice of Milk</p>	<p><i>Choice of One Entrée</i> Hamburgers on a bun (Cheese optional) Soft Taco w/ cheese Veggies Choose up to 2 Shredded Lettuce Zesty Salsa 1/2 cup Seasoned Whole Kernel Corn</p> <p>Assorted Fruit & Juice - Choose up to 2 Choice of Milk</p>	<p><i>Choice of One Entrée</i> Chicken Nuggets Meat Loaf Whole Grain Roll Veggies Choose up to 2 Creamy Mashed Potatoes Pinto Beans Chocolate Chip Cookies</p> <p>Assorted Fruit & Juice - Choose up to 2 Choice of Milk</p>	<p><i>Choice of One Entrée</i> "School pizza" Cheese or Pepperoni 4 x 6 Baked Spaghetti w/ roll Veggies Choose up to 2 Leafy green salad w/dressing Seasoned Whole Kernel Corn</p> <p>Assorted Fruit & Juice - Choose up to 2 Choice of Milk</p>
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
<p>SCHOOL HOLIDAY</p> <div style="border: 1px solid blue; border-radius: 15px; padding: 10px; width: fit-content;"> <p>Frosty's Nutrition Nugget Question: Both fruit and cookies contain sugar...Are both bad for me? Answer: Both do contain sugar, but the sugar (fructose) in fruit is naturally occurring and sweets such as cookies have added sugar. Plus fruits are filled with vitamins, minerals, fiber, and</p> </div>	<p><i>Choice of One Entrée</i> Country Style Steak and Gravy Chicken Nuggets Veggies Choose up to 2 Creamy Mashed Potatoes Seasoned Green Beans</p> <p>Whole Grain Roll</p> <p>Assorted Fruit & Juice - Choose up to 2 Choice of Milk</p>	<p><i>Choice of One Entrée</i> Mini Chicken Sandwich Soft Taco w/ cheese, shredded lettuce Veggies Choose up to 2 Seasoned Pinto Beans Whole Kernel Corn</p> <p>Assorted Fruit & Juice - Choose up to 2 Choice of Milk</p> 	<p><i>Choice of One Entrée</i> Veg. Beef Soup w/String Cheese Baked Potato w/ chili, cheese, sour cream Veggies Choose up to 2 Leafy Green Salad w/ Dressing Carrot Coins</p> <p>Whole Grain Roll</p> <p>Assorted Fruit & Juice - Choose up to 2 Choice of Milk</p>	<p><i>Choice of One Entrée</i> "School pizza" Cheese or Pepperoni 4 x 6 Chicken Alfredo w/ Bread Stick Veggies Choose up to 2 Broccoli w/ cheese Steamed Squash w/onions</p> <p>Sugar Cookie</p> <p>Assorted Fruit & Juice - Choose up to 2 Choice of Milk</p>
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
 <p><i>Choice of One Entrée</i> Chicken Sandwich on bun Hot Dog on bun Veggies Choose up to 2 Lettuce and Tomato Oven Baked French Fries Creamy Cole Slaw</p> <p>Assorted Fruit & Juice - Choose up to 2 Choice of Milk</p>	<p><i>Choice of One Entrée</i> Hamburger w/lettuce and tomato Cheese Sticks w/Marinara Veggies Choose up to 2 Glazed Copper Carrots Seasoned Green Beans</p> <p>Assorted Fruit & Juice - Choose up to 2 Choice of Milk</p> 	<p><i>Choice of One Entrée</i> Soft Taco w/trimmings Chicken Sandwich Veggies Choose up to 2 Steamed Broccoli Pinto Beans Zesty Salsa</p> <p>Assorted Fruit & Juice - Choose up to 2 Choice of Milk</p>	<p><i>Choice of One Entrée</i> Mini Chicken Sliders Pasta Italiano w/ Roll Veggies Choose up to 2 Oven Baked French Fries Steamed Squash and Onions</p> <p>Assorted Fruit & Juice - Choose up to 2 Choice of Milk</p>	<p><i>Choice of One Entrée</i> "School pizza" Cheese or Pepperoni 4 x 6 Nachos w/ Queso Veggies Choose up to 2 Leafy Green Salad w/dressing Seasoned Whole Kernel Corn</p> <p>Chocolate Chip Cookie</p> <p>Assorted Fruit & Juice - Choose up to 2 Choice of Milk</p> 

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Students should have at least 1/2 cup of fruit or vegetable on their tray.