


# WOLCOTT PUBLIC SCHOOLS ELEMENTARY SCHOOL MENU – JANUARY 2020

WEEKLY ALTERNATIVES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yogurt Parfait Cereal and Yogurt Box Peanut Butter and Jelly on WW Bread		<b>Every Day Offerings:</b> Assorted Fresh Fruit & Veggie Tray Canned Fruit <b>Twice Per Week:</b> 100% Fruit Juice		Hot Dog on a WG Bun (21g) Vegetarian Baked Beans *(25g) Steamed Carrots* (5.65g)	Pizza Crunchers (41g) Steamed Broccoli* (2g)
Plain Bagel Box(32g) Chef Salad(7.9g) Peanut Butter & Jelly on WW Bread(43g) <b>Turkey Sandwich</b> (23g) Yogurt Parfait(76.5g)	<b>Tex Mex Chili Bowl</b> 6 Homemade Beef Chili *(5.5g) LF Cheddar Cheese*(0g) Tater Tots*(16g) Warmed Corn Muffin *(28g)	Chicken Tenders(12g) 7 Mashed Potatoes*(14.6g) Steamed Green Beans*(3g) Dinner Roll(19g) Choice of: BBQ Sauce*(16g) or Honey Mustard*(7g)	<b>Twisty Mac &amp; Cheese</b> 8 Mini Corn Dogs**(20g) Mac and Cheese**(32.25g) Steamed Broccoli*(4g) WG Carnival Cookie *(28g)	<b>NEW</b> 9 Chicken Nachos(23.67g) with Lettuce*(0.8g), Tomato*(1g) Sour Cream*(2g) Refried Beans*(18g)	Stuffed Crust Cheese Pizza(36g) Baked Potato Wedges (16g) Garden Salad with Ranch Dressing* *(2.45g)
Muffin & Yogurt Box *(65g) Crispy Chicken Salad (20g) Peanut Butter & Jelly on WW Bread(43g) <b>Ham Sandwich</b> (27g)	Cheeseburger on a WG Bun(34g) Sweet Potato Fries*(42g) Homemade Coleslaw *(5.58g)	<b>NEW</b> 14 Mandarin Orange Chicken *(25g) Brown Rice*(18g) Steamed Broccoli*(4g) Fortune Cookie(4.16g) Sweet & Sour Sauce*(36.4g)	Baked Mozzarella Sticks (30g) Warm Marinara Sauce *(9g) Caesar Salad(16g) Italian Ice Sidekick*(22g)	Chicken(12g) and Waffles**(12g) Corn off the Cob*(20g) Orange Juice*(12g) Maple Syrup*(28g)	<b>NEW</b> 17 Wild Mike Cheese Bites (28g) Marinara Sauce*(9g) Garden Salad with Ranch Dressing* *(2.45g) Honey Graham Crackers(20g)
Ham and Pretzel Box *(35g) Chef Salad(7.9g) Peanut Butter & Jelly on WW Bread(43g) <b>Tuna Sandwich</b> *(24g) Yogurt Parfait(76.5g)		<b>NEW</b> 21 Crispy Chicken Wrap(44g) Smile Fries*(20g) Carrot Slices*(5.65g)	<b>NEW</b> 22 Lasagna Rollups**(34g) WG Garlic Bread**(13g) Italian Green Beans*(5.2g) Mini Rice Krispy Treat *(9g)	Hot Dog on a WG Bun(21g) Vegetarian Baked Beans *(25g) Apple Slices*(7.6g)	<b>NEW</b> 24 Cheese Pizza(29g) or Pepperoni Pizza(29.38g) Caesar Salad(16g)
Cereal & Yogurt Box (39g) Crispy Chicken Salad (20g) Peanut Butter & Jelly on WW Bread(43g) <b>Turkey Sandwich</b> (24g)	<b>NEW</b> 27 Chicken Noodle Soup *(14g) Grilled Cheese Sandwich (25g) Sliced Carrots*(5.65g)	Popcorn Chicken Bowl(16g) Mashed Potatoes*(14.6g) Steamed Corn*(20g) Dinner Roll(19g) Ranch Dipping Sauce***(5g)	Pasta with Meat Sauce (35.24g) WG Breadstick(19g) Steamed Broccoli*(20g) WG Chocolate Chip Cookie***(28g)	<b>NEW</b> 30 Apple Dutch Waffle***(55g) Vanilla Yogurt*(39g) Winter Pear Salad*(15.34g)	<b>NEW</b> 31 Wild Mike Cheese Bites (28g) Marinara Sauce*(9g) Caesar Salad(16g)

Main Meal = Choice 1 Box Meal = Choice 2 Salad Meal = Choice 3 PB&J Meal = Choice 4 Sandwich Meal = Choice 5 Yogurt Parfait Meal = Choice 6

\*GLUTEN FREE

\*\*CONTAINS EGG

(CARB COUNTS)

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

Nicole Maxellon, MS  
 Food Service Director  
 203-879-8145