



JANUARY | 2019

Elementary Lunch

Lunch Prices:
 Regular- \$ 2.85
 Reduced- \$0.40
 Adult- \$3.50
 Milk (a la carte)- \$0.50

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>31</p> <p>V = Vegetarian Item P = Contains Pork</p>	<p>1</p> <p>Winter Break No School</p>	<p>2</p> <p>Winter Break No School</p>	<p>3</p> <p>Winter Break No School</p>	<p>4</p> <p>Winter Break No School</p>
<p>7</p> <p>Country Fried Steak Mashed Potatoes, Gravy Assorted Fruit Fresh Veggies Milk</p>	<p>8</p> <p>Grilled Cheese Toasty^V Tomato Soup Assorted Fruit Fresh Veggies Milk</p>	<p>9</p> <p>Sloppy Joes on Bun Crinkle Cut Fries Assorted Fruit Fresh Veggies Milk</p>	<p>10</p> <p>Chicken & Waffles^V w/ Blueberry Syrup Sweet Potato Puffs Assorted Fruit Fresh Veggies Milk</p>	<p>11</p> <p>Stuffed Crust Pepperoni Pizza^P Side Garden Salad w/ Dressing Assorted Fruit Fresh Veggies Milk</p>
<p>14</p> <p>Chicken Nuggets w/ Cheesy Pretzel Stick^V Baked Beans^P Assorted Fruit Fresh Veggies Milk</p>	<p>15</p> <p>French Toast Sticks^V w/ Sausage Patty & Syrup Hash Brown Stars Assorted Fruit Fresh Veggies Milk</p>	<p>16</p> <p>Spaghetti w/ Meatballs Garlic Toast Green Beans Assorted Fruit Fresh Veggies Milk</p>	<p>17</p> <p>Soft Beef Tacos w/ Lettuce & Cheese Sweet Corn Assorted Fruit Fresh Veggies Milk</p>	<p>18</p> <p>Cheese Pizza Crunchers^V Steamed Crinkle Carrots Assorted Fruit Fresh Veggies Milk</p>
<p>21</p> <p>MLK Day No School</p>	<p>22</p> <p>Chicken Quesadilla Salsa Dipping Cup Sweet Corn Assorted Fruit Fresh Veggies Milk</p>	<p>23</p> <p>Home-style Macaroni & Cheese^V Steamed Broccoli Assorted Fruit Fresh Veggies Milk</p>	<p>24</p> <p>Chili Cheese Nachos w/ Tostitos Chips Black Beans Assorted Fruit Fresh Veggies Milk</p>	<p>25</p> <p>Mozzarella Cheese Sticks^V Marinara Dipping Cup Steamed Mixed Veggies Assorted Fruit Fresh Veggies Milk</p>
<p>28</p> <p>Country Fried Steak Mashed Potatoes, Gravy Assorted Fruit Fresh Veggies Milk</p>	<p>29</p> <p>Grilled Cheese Toasty^V Tomato Soup Assorted Fruit Fresh Veggies Milk</p>	<p>30</p> <p>E-Learning Day</p>	<p>31</p> <p>Chicken & Waffles^V w/ Blueberry Syrup Sweet Potato Puffs Assorted Fruit Fresh Veggies Milk</p>	<p>1</p> <p>Stuffed Crust Pepperoni Pizza^P Side Garden Salad w/ Dressing Assorted Fruit Fresh Veggies Milk</p>

Build a Meal

Choose 3-5 meal components to build a healthy, balanced meal:

1. Protein
2. Whole Grain
3. Vegetable
4. Fruit
5. Low-fat Milk

-One component *must* be at least a ½ c fruit and/or vegetable to make a meal.
 -Students may choose up to 2 fruit choices and 2 vegetable choices, offered daily.
 -All entrees include: Protein + Grain
 -May choose only Milk + Veggie + Fruit

Daily Alternative Choices

All alternative entrees come with choice of milk, fruit, and/or vegetable.

Chef Salad (Everyday)

Leafy green lettuce topped with grape tomatoes, shredded cheddar cheese, and choice of eggs^V, ham, or turkey. Choice of 1-2 grain sides.

Grab & Go

- M/W/F:
- Peanut-free Wowbutter & Jelly sandwich^V (w/ 1-2 protein/grain sides)
 - Low-fat yogurt^V and/or reduced-fat string cheese^V (w/ 1-2 grain sides)

- T/TH:
- **NEW! Anytimers Lunch Kits** (Compare to Lunchables): **Pizza or Turkey & Cheese Crackers**

FREE water available for every student