



WHAT'S THE WRAP

MON
TURKEY

TUES
TUNA

WEDS
TURKEY

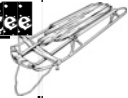
THURS
TUNA

FRI
FRESH BREADED
CHICKEN CUTLET

ELEMENTARY SCHOOL MENU

MONDAY

Special January Entree



S = Soup

EVERY TUESDAY AND THURSDAY

Week of January 3rd: Chicken & Rice

Week of January 16th: Chicken Orzo

Week of January 9th: Italian Wedding Soup

Week of January 19th: Turkey & Barley

ORDER
"Monthly Special"
A Winter BBQ Lunch
Barbeque Boneless Chicken
(all white, breast meat)
over a Smooth Mountain of Zesty
Brown Rice
WG Dinner Roll & Sauteed Zucchini

3 All White Meat
Breaded Chicken Chunks
Oil & Garlic Tossed Penne
Cucumber Slices with
Ranch Dip
Chilled Pineapple in Juice
NO SOUP OR SALAD BAR

4 **BRUNCH FOR LUNCH**
Homemade Challah French
Toast w/Orange Rounds
Applegate Turkey Bacon
Cucumber Sticks
Cinnamon Applesauce

5 **WHOLE WHEAT PITA PIZZA** **S**
Plain Cheese
or
with Broccoli
Salad Bar Veggie Sides
Orange Wedges

6 Homemade Chicken Cutlet
Parmigiana
Whole Wheat Penne Marinara
Salad Bar Veggie Sides
Fresh Apple Slices

9 **BURGER BAR**
100% Beef Burger or
Cheeseburger
Lettuce/Onion/Tomato
Baked Sweet Potato "Fries"
Warm Apple Crisp
GF w/o bun

10 **BURRITO** **S**
Chicken Breast and Cheese w/
Brown Rice & Zesty Black
Beans
Vegetarian Taco available
Brown Rice & Zesty Beans
Salad Bar Veggie & Fruit Sides
GF Veg. Taco w/out Shell

11 Macaroni & Cheese
Barilla Plus Pasta &
Wisconsin Cheddar
Caesar Salad at the Salad Bar
Pears in Fruit Juice

12 Applegate Hot Dog
on Whole Wheat Bun
Baked Shoestring "Fries"
Cole Slaw
GF Strawberry-Yogurt
w/out Bun Smoothie

13 Freshly-Breaded Chicken
Cutlet Strips
Brown Rice Pilaf
(Rice with Peppers & Onion)
Salad Bar Veggie Sides
Fresh Apple Slices Dusted
with Cinnamon

16 **HOLIDAY
NO SCHOOL**

17 Whole Wheat Grilled Cheese
with Ham or Plain
Carrot Crunchers
Cinnamon Applesauce

18 Whole Wheat Penne
w/Tomato, Broccoli &
Mozzarella
Toasted Garlic Bread
Salad Bar Veggie Sides
Fresh Fruit

19 **PITA PIZZA** **S**
With Meatballs
or
Plain
Salad Bar Veggie Sides
Strawberry-Yogurt Smoothie

20 Homemade Chicken Cutlet
Parmigiana
Whole Wheat Penne Marinara
Salad Bar Veggie Sides
Pears in Fruit Juice

23 Meatball Hero
(Meatballs in Marinara)
on Whole Wheat Hero Roll
Orzo Pasta w/Garlic & Oil
Carrot Sticks
Orange Rounds
GF w/out Hero or Pasta

24 Macaroni & Cheese
Barilla Plus Pasta &
Wisconsin Cheddar
Caesar Salad at the Salad Bar
Warm Apple Crisp

25 All White Meat Breaded
Chicken Tenders
Roasted Sweet Potato Wedge
Salad Bar Veggie Sides
Chilled Pineapple in Juice

26 **TACO BAR** **S**
Seasoned Beef w/ Hard or Soft
Shell Corn Tortilla
or
Vegetarian Rice & Beans
Toppings for Both: Lettuce,
Cheese, Salsa, Sour Cream
GF w/out Shell Fresh Grapes

27 **W BRUNCH FOR LUNCH**
Homemade Challah French
Toast w/Orange Rounds
Applegate Turkey Bacon
Cucumber Sticks
Salad Bar Veggie Sides
Cinnamon Applesauce

30 **BURGER BAR**
100% Beef Burger or
Cheeseburger
Lettuce/Onion/Tomato
Baked Sweet Potato "Fries"
Warm Apple Crisp
GF w/o bun

31 Monterey Jack Quesadilla **S**
Lettuce, Tomato &
Salsa Toppings
Black Bean Salad
from the Salad Bar
Orange Wedges

While The Food Service Department makes every effort to disclose to parents known allergens and ingredients that may be harmful to some children, the nature of the National School Lunch Program and our reliance on certain USDA provisions can sometimes render this effort ineffective by the presence of undisclosed or misnamed ingredients.

QUESTIONS? CALL THE FOODSERVICE OFFICE AT 277-7090 CONTACT YOUR PSA/PSO TO LEARN ABOUT YOUR SCHOOL'S NUTRITION COMMITTEE

TRY THIS MONTH'S
"Monthly Special"
A Winter BBQ Lunch
Remember to Order it
as
"Monthly Special"

SERVING TOMATO PRODUCTS (PIZZA SAUCE, KETCHUP & SALSA) THAT ARE HFCS FREE (NO HIGH FRUCTOSE CORN SYRUP!)
ALL SANDWICH MEATS ARE BOAR'S HEAD BRAND®

Alternative Entrees

Whole Grain Peanut Butter & Jelly Sandwich
Daily Wrap (see above menu)

SALAD BAR

A Complete Lunch Veggies, Protein, Fruit & Grain (or a place to visit for veggie & fruit sides)

Dressings
Vinaigrette - Ranch
Caesar
GF GLUTEN INGREDIENT-FREE

A la Carte Beverages (priced accordingly)

Honest Kid's® Organic Appley Ever After Juice Pouch \$1.00

Poland Spring Water Lg \$1.25/Sm \$.75

Lunch of The Day includes:
Entree
Sides
1% or Skim Milk
Fresh Fruit or 100% Fruit Juice
\$3.00