

2011-2012 JANUARY ELEMENTARY BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WHOLE GRAIN CEREAL YOGURT 100% JUICE LOWFAT MILK	BREAKFAST BAGEL W/ JELLY/MARGARINE WHOLE GRAIN CEREAL 100% JUICE LOWFAT MILK	WHOLE GRAIN CEREAL YOGURT 100% JUICE LOWFAT MILK	SAUSAGE GRIDDLER SANDWICH WHOLE GRAIN CEREAL 100% JUICE LOWFAT MILK	PANCAKES STRING CHEESE 100% JUICE LOWFAT MILK

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JANUARY ELEMENTARY LUNCH MENU *ITEM CONTAINS PORK*

2 NO SCHOOL!	3 NO SCHOOL!	4 PIZZA (CHEESE OR PEPPERONI) CHILLED FRUIT JUICE STRAWBERRY-BANANA APPLESAUCE PRETZELS OR SUN CHIPS	5 HAMBURGER ON BUN PICKLES MANDARIN ORANGES CATSUP/MUSTARD	6 TURKEY CORN DOG BAKED BEANS PINEAPPLE TIDBITS CATSUP/MUSTARD
9 CHICKEN NUGGETS CORN COBBETTE W/ MARGARINE MANDARIN ORANGES CATSUP	10 FRENCH TOAST STICKS W/TURKEY SAUSAGE LINKS CHILLED FRUIT JUICE CINNAMON APPLESAUCE SYRUP	11 PIZZA (CHEESE OR PEPPERONI) TOSSED SALAD W/ VARIETY DRESSING BANANA	12 SOFT TACO SHRDD LETTUCE SALAD W/RANCH DRESSING PEACHES	13 CHICKEN PATTY SANDWICH BROCCOLI W/CHEESE STRAWBERRY CUP CATSUP/MUSTARD
16 NO SCHOOL!  MARTIN LUTHER KING DAY	17 GRILLED CHEESE SANDWICH VEGETARIAN CHILI W/ CRACKERS MANDARIN ORANGES	18 PIZZA (CHEESE OR PEPPERONI) BABY CARROTS W RANCH DRESSING APPLE SLICES	19 BEEF & CHEESE BURRITO CORN PEACHES TACO SAUCE	20 NO SCHOOL! CITY-WIDE INSERVICE DAY
23 NACHO SUPREME TORTILLA CHIPS CORN COBBETTE W/ MARGARINE PEACHES	24 CRISPY CHICKEN LEG MASHED POTS & GRAVY CORN MUFFIN W/MARGARINE STRAWBERRY CUP	25 PIZZA (CHEESE OR PEPPERONI) TOSSED SALAD W/ VARIETY DRESSING FRESH GRAPES	26 CHICKEN FINGER WRAP SHRDD LETTUCE SALAD W/RANCH DRESSING FRUITED GELATIN	27 BEEF & MACARONI CASSEROLE GREEN BEANS WHOLE GRAIN BREAD W/ MARGARINE MANDARIN ORANGES

WHITE (LOWFAT) & CHOCOLATE (FAT FREE) MILK OFFERED DAILY - LACTOSE INTOLERANT STUDENTS WILL BE OFFERED DAIRY EASE TO REPLACE MILK WITH PHYSICIAN'S ORDER

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Q: What is the nutritional value of the foods that are served? Are the meals balanced?

A. We adhere to the National School Lunch Program guidelines. These guidelines follow the Dietary Guidelines for Americans, which recommend that no more than 30 percent of an individual's calories come from fat, and less than 10 percent from saturated fat. School lunches must provide one-third of the Recommended Dietary Allowances of protein, vitamin A, vitamin C, iron, calcium & calories. We offer protein, fruits and vegetables, and milk each and every day.

