

JANUARY 2019

Elementary School Lunch Menu

Full Price: \$2.80
Reduced Price: \$0.40

Monday
Tuesday
Wednesday
Thursday
Friday

No School Today!

1

Happy New Year!

Grilled Cheese Sandwich
on Whole Wheat Bread
Minestrone Soup
Baby Carrots and
Red Pepper Sticks
Peach Applesauce Cup

2

Cheese Raviolis in
Marinara Sauce
Whole Wheat Breadstick
Garden Tossed Salad with
Honey Mustard Dressing
Sliced Peaches

3

Mini Pizza Bagel Bites
Mixed Greens Salad with
Scratch Made Vinaigrette
Fresh Broccoli Cup
Fresh Mac Apple

4

Steamed All-Beef
Hot Dog on a Wheat Roll
Baked Sweet Potato Fries
Celery Sticks
Diced Pears

7

Brunch for Lunch!!
WG French Toast Sticks
Chicken Sausage Patty
Baked Beans
Hash Browns
Sliced Peaches

8

Mozzarella Cheese Bites
with Scratch Made Marinara
Spinach Salad with Strawberries
Cauliflower Cup
Fresh Florida Orange

9

Chicken Nuggets
with Ranch Dipping Sauce
Baked Tater Tots
Green Bean Cup
Fresh Banana

10

Veggie & Cheese Pizza
Garden Mixed Greens Salad
with Homemade Honey Mustard
Broccoli Cup
Strawberry Banana Applesauce

11

Mozzarella Sticks
with Marinara Dipping Sauce
Whole Wheat Breadstick
Steamed Fresh Broccoli
Peach & Mango Applesauce

14

Turkey Grinder with
Lettuce & Cheese
on a Soft Wheat Roll
Cream of Tomato Soup
Roasted Chickpeas
Mixed Fresh Veggie Cup
Diced Peaches

15

Spaghetti & Meatballs
with Marinara Sauce
Whole Wheat Garlic Knot
Sesame Roasted Green Beans
Fresh Mac Apple

16

Chicken Tenders
Baked Potato Smiles
Flash Steamed Carrots
Fresh Banana

17

Jumbo Cheese Pizza Bagel
Spinach Salad with
Kidney Beans, Cukes & Dressing
Red Pepper Sticks
Fresh Florida Orange Wedges

18

No School Today!!

21

Martin Luther King Day Celebrated!!

Cheese Bites with
Homemade Marinara Sauce
Romaine Caesar Salad
Mixed Fresh Vegetable Cup
Peach Applesauce Cup

22

Beefy & Cheesy Nachos
with Lettuce and Tomatoes
over Whole Grain Tortilla Chips
Brown Rice & Black Beans
Salsa Cup
Celery Sticks
Florida Orange Wedges

23

Popcorn Chicken with
Ranch Dipping Sauce
Sweet Potato Tots
Parmesan Baked Peas
Diced Pears

24

Cheese Pizza
Spinach Salad with
Sliced Strawberries
Baby Carrot Cup
Sliced Peaches

25

Cheeseburger on a
Soft Wheat Roll
Baked Beans
Seasoned Roasted Red-Skin Potatoes
Baby Carrot Package
Strawberry Banana Applesauce

28

Teriyaki Chicken over
Seasoned Brown Rice
Wheat Dinner Roll
Stir Fry Vegetable Blend
Sliced Mac Apple

29

Breaded Chicken Fillet
on a Wheat Roll with
Chopped Lettuce
Sweet Potato Fries
Roasted Broccoli Parmesan
Mixed Fruit Cup

30

Turkey Grinder with
Lettuce & Cheese on a
Soft Wheat Roll
Minestrone Soup
Cucumber Slices
Fresh Pear

31

ALTERNATE MEALS AVAILABLE DAILY: SALAD WITH 2 PROTEINS (1 OZ MEAT, 1 OZ CHEESE, OR 4 OZ YOGURT) AND 1 OZ WG BREAD OR SANDWICH WITH 2 OZ PROTEINS

** ALL MEALS OFFERED WITH 8 OZ FAT FREE OR 1% REDUCED FAT MILK, ½ CUP FRUIT, ¼ CUP VEGETABLE**

WG: WHOLE GRAIN

WW: WHOLE WHEAT

NOTE: MENU IS SUBJECT TO CHANGE