



JANUARY | 2023

Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Quesadilla Refried Beans Fresh Fruit Choice of Milk	3 French Toast Sticks Sausage Patty Sweet Potato Wedges Fresh Fruit Choice of Milk	4 Bosco Sticks with Marinara Sauce Green Beans Fresh Fruit Choice of Milk	5 Orange Chicken Vegetable Fried Rice Broccoli Fresh Fruit Choice of Milk	6 Sliced Cheese Pizza Cucumbers Fresh Fruit Choice of Milk
9 Walking Taco Refried Beans Fresh Fruit Choice of Milk	10 Chicken and Waffles Strawberry Topping Broccoli Fresh Fruit Choice of Milk	11 Lasagna Roll Ups Garlic Bread Carrots Fresh Fruit Choice of Milk	12 Chicken Fried Steak Dinner Roll Mashed Potatoes Fresh Fruit Choice of Milk	13 Pizza Crunchers Cauliflower Fresh Fruit Choice of Milk
16 NO SCHOOL 	17 Grilled Cheese Tomato Soup Fresh Fruit Choice of Milk	18 Breaded Chicken Sandwich Baked Beans Fresh Fruit Choice of Milk	19 <u>National Popcorn Day!</u> Popcorn Chicken Corn Fresh Fruit Choice of Milk	20 French Bread Pizza Celery Fresh Fruit Choice of Milk
27 <u>National Pie Day</u> Chicken Pot Pie Green Beans Fresh Fruit Choice of Milk	24 French Toast Sticks Sausage Patty Sweet Potato Wedges Fresh Fruit Choice of Milk	25 Bosco Sticks with Marinara Sauce Baked Beans Fresh Fruit Choice of Milk	26 Orange Chicken Vegetable Fried Rice Broccoli Fresh Fruit Choice of Milk	28 Sliced Cheese Pizza Cucumbers Fresh Fruit Choice of Milk
30 Walking Taco Refried Beans Fresh Fruit Choice of Milk	31 Chicken and Waffles Strawberry Topping Broccoli Fresh Fruit Choice of Milk	1 Lasagna Roll Ups Garlic Bread Carrots Fresh Fruit Choice of Milk	<u>National Tater Tot Day</u> 2 Chicken Fried Steak Dinner Roll Tater Tots Fresh Fruit Choice of Milk	3 Pizza Crunchers Cauliflower Fresh Fruit Choice of Milk

Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

All alternative meals include choice of milk, fruit and/or vegetable

Mon/Wed/Fri:

- Lunch Kits (similar to lunchables):
 - Pizza
 - Turkey, Cheese and Crackers

Tues/Thurs:

- Peanut-Free Wowbutter and Jelly Sandwich^v
- Protein Power: yogurt, grain, string cheese^v

Meal Prices:

Breakfast: \$2.25
 Lunch: \$3.40
 Adult: \$4.80
 Extra Milk: \$0.50