



Food Zone

Lunch

January

Elementary

Monday	Tuesday	Wednesday	Thursday	Friday
6 Lasagna Roll-up Hot Vegetable Breadstick Choice of Fruit Choice of Milk	7 Pancakes Sausage Choice of Fruit Choice of Milk	8 Meatball Sub Seasoned Fries Choice of Fruit Choice of Milk	9 Popcorn Chicken Mashed Potatoes/Gravy Hot Vegetable Choice of Fruit Choice of Milk	10 Round Pizza Choice of Vegetable Choice of Fruit Choice of Milk
13 Sloppy Joe French Fries Choice of Fruit Choice of Milk	14 Turkey Roll Mashed Potatoes Choice of Fruit Choice of Milk	15 Nacho Grande Meat/Cheese Refried Beans Choice of Fruit Choice of Milk	16 Chicken Alfredo Breadstick Broccoli Choice of Fruit Choice of Milk	17 Stuffed Crust Pizza Choice of Vegetable Choice of Fruit Choice of Milk
20 <u>NO SCHOOL</u>	21 Cheeseburger French Fries Choice of Fruit Choice of Milk	22 Chili Pretzel Rods Choice of Fruit Choice of Milk	23 Chicken Nuggets Mashed Potatoes/Gravy Hot Vegetable Choice of Fruit Choice of Milk	24 Round Pizza Choice of Vegetable Choice of Fruit Choice of Milk
27 Chicken Patty Sand. French Fries Choice of Fruit Choice of Milk	28 Bosco Sticks Sauce Baked Beans Choice of Fruit Choice of Milk	29 Fish Mac-n- Cheese Hot Vegetable Choice of Fruit Choice of Milk	30 Chicken Tenders Mashed Potatoes/Gravy Hot Vegetable Choice of Fruit Choice of Milk	31 Stuffed Crust Pizza Choice of Vegetable Choice of Fruit Choice of Milk

WHAT MAKES A MEAL? You must choose at least 3 of 5 components available for the school lunch price.

Meat or meat alternate, choice of vegetable, choice of fruit, grain/bread and choice of milk. (1%White Fat Free, Chocolate, Fat Free White) A minimum of ½ cup serving of fruit or a minimum of a ½ cup vegetable **MUST** accompany a reimbursable lunch!

Weekly Vegetable Subgroups May Include: Dark green (spinach, broccoli, romaine, spring salad) red/orange (carrots, sweet potatoes, tomatoes, red peppers, beans/peas (Legumes) and starchy (white potatoes, corn, peas, lima beans) Other vegetables will include celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage, green peppers.

Daily Fruit Selections May Include:Oranges, Apples, Bananas, Pears, Peaches, , Strawberries, Applesauce, Pineapples, and Mandarin Oranges.

LEAVE YOUR LUNCH BOX AT HOME!!!! Daily Entrée Options May Include:

Large Chef Salad & Stuffed Deli Hoagie & Low Fat Yogurt & Smuckers PB&J