



# JANUARY ELEMENTARY LUNCH MENU



## SERVED DAILY

- 1% White Milk & 1% Chocolate Milk
- \*Yogurt Meal with String Cheese,
- \*Assorted Salads
- \*Fresh Deli Sandwich

## HARVEST OF THE MONTH:

Sweet Potatoes, commonly confused for yams, have double the amount of fiber in them than regular potatoes. They also contain double the amount of vitamin A recommended for the day. Sweet potatoes are great as fries, mashed, and candied!



For more information, menus, payment options, [SchoolCafe.com](http://SchoolCafe.com), and more, please visit [elcosd.org](http://elcosd.org) and follow the tabs to Food Services

**Student Paid- \$3.15**  
**Student Reduced- Free**  
**Adult Lunch- \$5.50**

**MON**

**TUE**

**WED**

**THU**

**FRI**

Select one **\*lunch entrée**, milk, and up to two fruits and two veggies for a complete meal!

NO SCHOOL

29

NO SCHOOL

30

NO SCHOOL

31

Happy  
NEW  
YEAR

1

NO SCHOOL

2

**\*Beef & Cheese Nachos with Lettuce & Tomato**  
**\*Ham & Cheese Sandwich**  
 Steamed Corn  
 Fiesta Beans  
 Fresh Vegetables with Dip  
 Assorted Fruit

5

**\*Pillsbury Cinnamon Roll Yogurt Cup & String Cheese**  
**\*Ham & Cheese Sandwich**  
 Smile Fries  
 Fresh Vegetables with Dip  
 Assorted Fruit

6

**\*Chicken Nuggets with Dinner Roll**  
**\*Ham & Cheese Sandwich**  
 Mashed Potatoes  
 Steamed Green Beans  
 Fresh Vegetables with Dip  
 Assorted Fruit

7

**\*Rotini & Meatballs with Marinara Sauce**  
 Garlic Knot  
**\*Ham & Cheese Sandwich**  
 Romaine Salad  
 Fresh Vegetables with Dip  
 Assorted Fruit

8

**\*Sweet & Sour Chicken over Steamed Rice**  
**\*Ham & Cheese Sandwich**  
 Steamed Broccoli  
 Fresh Vegetables with Dip  
 Assorted Fruit

9

**\*Cheeseburger or Bacon Cheeseburger on Bun**  
**\*Turkey & Cheese Sandwich**  
 Sweet Potato Fries  
 Baked Beans  
 Fresh Vegetables with Dip  
 Assorted Fruit  
 Fresh Baked Cookie

12

**\*Mini Pancakes with Sausage Links**  
**\*Turkey & Cheese Sandwich**  
 Hash Brown Patty  
 Fresh Vegetables with Dip  
 Assorted Fruit

13

**-New Item-  
 \*Deep Dish Pizza\***  
**\*Turkey & Cheese Sandwich**  
 Steamed Green Beans  
 Romaine Salad  
 Fresh Vegetables with Dip  
 Assorted Fruit

14

**\*Grilled Cheese Sandwich**  
 Tomato Soup  
**\*Turkey & Cheese Sandwich**  
 Fresh Vegetables with Dip  
 Assorted Fruit

15

**\*Pizza Crunchers**  
 Seasoned Pasta  
**\*Turkey & Cheese Sandwich**  
 Tossed Salad  
 Fresh Vegetables with Dip  
 Assorted Fruit

16

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19

- \*Stuffed Crust Pizza
- Romaine Salad
- \*Ham & Cheese Sandwich
- Fresh Vegetables with Dip
- Assorted Fruit
- Fresh Baked Cookie

20

- \*Popcorn Chicken Raider Bowl with Dinner Roll
- \*Ham & Cheese Sandwich
- Mashed Potatoes
- Steamed Corn
- Fresh Vegetables with Dip
- Assorted Fruit

21

- \*Chicken Tenders with Macaroni & Cheese
- \*Ham & Cheese Sandwich
- Tossed Salad
- Fresh Vegetables with Dip
- Assorted Fruit

22

- \*Pizza Sticks with Dipping Sauce
- \*Ham & Cheese Sandwich
- Steamed Carrots
- Fresh Vegetables with Dip
- Assorted Fruit

23

- \*Hot Dog on Bun
- \*Turkey & Cheese Sandwich
- Smiley Fries
- Baked Beans
- Fresh Vegetables with Dip
- Assorted Fruit
- Mini Ice Cream Sandwich

26

- \*Chicken Nuggets with Dinner Roll
- \*Turkey & Cheese Sandwich
- Mashed Potatoes
- Steamed Green Beans
- Fresh Vegetables with Dip
- Assorted Fruit

27

- \*Dutch Waffle with Sausage Links
- \*Turkey & Cheese Sandwich
- Hash Brown Patty
- Fresh Vegetables with Dip
- Assorted Fruit

28

- \*Crispy Chicken Sandwich
- \*Turkey & Cheese Sandwich
- French Fries
- Fresh Vegetables with Dip
- Assorted Fruit

29

- \*Big Daddy's Pepperoni or Cheese Pizza
- \*Turkey & Cheese Sandwich
- Steamed Broccoli
- Romaine Salad
- Fresh Vegetables with Dip
- Assorted Fruit

30

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