



JANUARY INTERMEDIATE LUNCH MENU



SERVED DAILY

- 1% White Milk & 1% Chocolate Milk
- *Yogurt Meal with String Cheese,
- *Assorted Salads,
- *Fresh Deli Sandwich,
- *PBJ 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, and more, please visit elcosd.org and follow the tabs to Food Services

MON

TUE

WED

THU

FRI

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

NO SCHOOL	NO SCHOOL	NO SCHOOL	Happy NEW YEAR	NO SCHOOL
29	30	31	1	2
<p>*Sweet & Sour Chicken over Fried Rice</p> <p>*Stuffed Crust Pizza</p> <p>Steamed Broccoli</p> <p>Fresh Vegetables with Dip</p> <p>Assorted Fruit</p> <p style="text-align: right;">5</p>	<p>*Pillsbury Cinnamon Roll</p> <p>Yogurt Cup & String Cheese</p> <p>*Cheese Pizza</p> <p>Smile Fries</p> <p>Fresh Vegetables with Dip</p> <p>Assorted Fruit</p> <p style="text-align: right;">6</p>	<p>*Chicken Nuggets</p> <p>Dinner Roll</p> <p>*Cheese Pizza</p> <p>Mashed Potatoes</p> <p>Steamed Green Beans</p> <p>Fresh Vegetables with Dip</p> <p>Assorted Fruit</p> <p style="text-align: right;">7</p>	<p>*Rotini & Meatballs with Marinara Sauce</p> <p>*French Bread Pizza</p> <p>Garlic Knot</p> <p>Romaine Salad</p> <p>Fresh Vegetables with Dip</p> <p>Assorted Fruit</p> <p style="text-align: right;">8</p>	<p>*Beef & Cheese Nachos with Lettuce & Diced Tomatoes</p> <p>*Cheese Pizza</p> <p>Fiesta Beans</p> <p>Steamed Corn</p> <p>Fresh Vegetables with Dip</p> <p>Assorted Fruit</p> <p style="text-align: right;">9</p>
<p>*Cheeseburger or Bacon Cheeseburger on Bun</p> <p>*Hot Dog on Bun</p> <p>Sweet Potato Fries</p> <p>Baked Beans</p> <p>Fresh Vegetables with Dip</p> <p>Assorted Fruit</p> <p>Fresh Baked Cookie</p> <p style="text-align: right;">12</p>	<p>*Mini Pancakes with Syrup</p> <p>Sausage Links</p> <p>*Stuffed Crust Pizza</p> <p>Hash Brown Patty</p> <p>Fresh Vegetables with Dip</p> <p>Assorted Fruit</p> <p style="text-align: right;">13</p>	<p>*Hot Ham & Cheese on Pretzel Roll</p> <p>*Deep Dish Pizza</p> <p>Steamed Green Beans</p> <p>Romaine Salad</p> <p>Fresh Vegetables with Dip</p> <p>Assorted Fruit</p> <p style="text-align: right;">14</p>	<p>*Grilled Cheese Sandwich</p> <p>Tomato Soup</p> <p>*Cheese Pizza</p> <p>Fresh Vegetables with Dip</p> <p>Assorted Fruit</p> <p style="text-align: right;">15</p>	<p>*Pizza Crunchers with Seasoned Pasta</p> <p>*Hot Dog on Roll</p> <p>Tossed Salad</p> <p>Fresh Vegetables with Dip</p> <p>Assorted Fruit</p> <p style="text-align: right;">16</p>

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

This institution is an equal opportunity provider. Menus are subject to change.



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19

- *Stuffed Crust Pizza
- *Chicken Nuggets with Dinner Roll
- Romaine Salad
- Fresh Vegetables with Dip
- Assorted Fruit
- Fresh Baked Cookie

20

- *Popcorn Chicken Raider Bowl
- Dinner Roll
- *Cheeseburger on Bun
- Mashed Potatoes
- Steamed Corn
- Fresh Vegetables with Dip
- Assorted Fruit

21

- *Chicken Tenders with Macaroni & Cheese
- *Cheese Pizza
- Spinach Salad
- Fresh Vegetables with Dip
- Assorted Fruit

22

- *Pizza Sticks with Marinara Sauce
- *Hot Dog on Bun
- Seasoned Pasta
- Fresh Vegetables with Dip
- Assorted Fruit

23

- *Hot Dog on Bun
- *Cheeseburger on Bun
- Smile Fries
- Baked Beans
- Fresh Vegetables with Dip
- Assorted Fruit
- Fresh Baked Cookie

26

- *Chicken Nuggets with Scooby Snacks
- *Hot Dog on Bun
- Mashed Potatoes
- Steamed Corn
- Fresh Vegetables with Dip
- Assorted Fruit

27

- *Dutch Waffle with Sausage Links
- *Cheese Pizza
- Hash Brown Patty
- Fresh Vegetables with Dip
- Assorted Fruit

28

- *Crispy Chicken Sandwich
- *Cheese Pizza
- French Fries
- Fresh Vegetables with Dip
- Assorted Fruit

29

- *Pepperoni or Cheese Pizza
- *Cheeseburger on Bun
- Glazed Carrots
- Romaine Salad
- Fresh Vegetables with Dip
- Assorted fruit

30

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