



## Elementary Lunch : January 2012

Full Student Lunch Includes Choice of Entrée (Protein w/ Grain/Bread Accompaniment(s), Two (2) Vegetable/Fruit Side Dishes, and Choice of Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Choose One</u> 9</p> <p>*Spaghetti w/ Meatballs Chicken Corn Dog Turkey Ham &amp; Cheese *Wrap Fiesta Salad over *Corn Chips (meatless)</p> <p><u>Choose Two</u> Seasoned Collard Greens Assorted Fresh Fruit &amp; Cupped Fruit</p>	<p><u>Choose One</u> 10</p> <p>*Chicken Fajitas w/ Green Peppers &amp; Onions Bean Burrito w/ Cheese &amp; Salsa (meatless) Peanut Butter &amp; Jelly Pita Sandwich (meatless)(contains nuts) Cobb Chef Salad w/ Croutons</p> <p><u>Choose Two</u> Mexicali Corn Assorted Fresh Fruit &amp; Cupped Fruit</p>	<p><u>Choose One</u> 11</p> <p>*Cheese Pizza (meatless) *Turkey Sausage Pizza Turkey &amp; Cheese on a *Bun BBQ Chicken Salad w/ *Dinner Roll</p> <p><u>Choose Two</u> Tossed Spinach Salad <b>Mixed Vegetables</b> Assorted Fresh Fruit &amp; Cupped Fruit</p>	<p><u>Choose One</u> 12</p> <p>*Turkey Hot Dog Fish Sticks w/ *Dinner Roll (meatless) *Turkey Salami &amp; Cheese Sandwich Garden Veggie Chef Salad w/ Croutons (meatless)</p> <p><u>Choose Two</u> Vegetarian Baked Beans Green Beans Assorted Fresh Fruit &amp; Cupped Fruit</p>	<p><u>Choose One</u> 13</p> <p><b>Cajun Chicken Drumsticks w/ *Brown Rice</b> BBQ Beef Rib on a *Bun Italian *Sub Hummus w/ Pita Chips (meatless)</p> <p><u>Choose Two</u> <b>Peas &amp; Carrots</b> Assorted Fresh Fruit &amp; Cupped Fruit Complimentary Lemon Pound Cake</p>
<p><b>No Classes: Track R &amp; E</b> 16</p> <p><b>DR. MARTIN LUTHER KING JR. DAY</b></p>	<p><u>Choose One</u> 17</p> <p>Beef Taco Salad w/ Lettuce &amp; Tomatoes over *Corn Chips Toasted Cheese Pizza Bagel (meatless) *Peanut Butter &amp; Jelly Sandwich (meatless)(contains nuts) *Antipasto Pasta Salad w/ Turkey Ham</p> <p><u>Choose Two</u> Southwest Black Beans Mexican Style Corn Assorted Fresh Fruit &amp; Cupped Fruit</p>	<p><u>Choose One</u> 18</p> <p>Teriyaki Chicken w/ *Brown Rice Italian Meatball *Sub *Turkey Ham &amp; Cheese Sandwich Tuna Chef Salad w/ Crackers (meatless)</p> <p><u>Choose Two</u> Broccoli Assorted Fresh Fruit &amp; Cupped Fruit</p>	<p><u>Choose One</u> 19</p> <p>*Cheese Pizza (meatless) *Turkey Sausage Pizza Turkey Salami &amp; Cheese *Wrap Chicken Caesar Salad w/ Croutons</p> <p><u>Choose Two</u> Tossed Romaine Salad <b>Garden Blend Veggies</b> Assorted Fresh Fruit &amp; Cupped Fruit</p>	<p><u>Choose One</u> 20</p> <p>Turkey Pasta Bake w/ *Rotini Noodles Baked Chicken Sticks w/ *Dinner Roll Italian *Sub Popcorn Shrimp Chef Salad w/ *Dinner Roll (meatless)</p> <p><u>Choose Two</u> <b>Carrots</b> Assorted Fresh Fruit &amp; Cupped Fruit Complimentary Carrot Bread (may contain traces of nuts)</p>
<p><u>Choose One</u> 23</p> <p>Turkey Pot Roast w/ *Dinner Roll Chicken Corn Dog Turkey Ham &amp; Cheese *Wrap Fiesta Salad over *Corn Chips (meatless)</p> <p><u>Choose Two</u> Mashed Sweet Potatoes <b>Squash</b> Assorted Fresh Fruit &amp; Cupped Fruit</p>	<p><u>Choose One</u> 24</p> <p>Hamburger on a *Bun *Veggie Quesadilla w/ Salsa (meatless) *Peanut Butter &amp; Jelly Sandwich (meatless)(contains nuts) Cobb Chef Salad w/ Croutons</p> <p><u>Choose Two</u> Oven Baked Potato Rounds Tossed Spinach Salad Assorted Fresh Fruit &amp; Cupped Fruit</p>	<p><u>Choose One</u> 25</p> <p>*Cheese Pizza (meatless) *Turkey Sausage Pizza Turkey &amp; Cheese on a *Bun BBQ Chicken Salad w/ *Dinner Roll</p> <p><u>Choose Two</u> Broccoli Assorted Fresh Fruit &amp; Cupped Fruit Complimentary Eat.Learn.Live. Chocolate Cookie (may contain traces of nuts)</p>	<p><u>Choose One</u> 26</p> <p>Rachael Ray's Yum-o! Windy City Chicken w/ *Brown Rice Beef Ravioli w/ *Garlic Bread *Turkey Salami &amp; Cheese Sandwich Garden Veggie Chef Salad w/ Croutons (meatless)</p> <p><u>Choose Two</u> Rachael Ray's Yum-o! Sweet &amp; Spicy Baked Beans <b>Rachael Ray's Yum-o! Orange Glazed Carrots</b> Assorted Fresh Fruit &amp; Cupped Fruit</p>	<p><b>No Classes: Track R &amp; E</b> 27</p> <p><b>STAFF ONLY DAY</b></p>
<p><u>Choose One</u> 30</p> <p>*Toasted Turkey Ham &amp; Cheese Sandwich Chicken Chili w/ Cornbread Turkey &amp; Cheese on a *Bun Garden Veggie Chef Salad w/ *Dinner Roll (meatless)</p> <p><u>Choose Two</u> Peas &amp; Carrots Assorted Fresh Fruit &amp; Cupped Fruit</p>	<p><u>Choose One</u> 31</p> <p>*Spaghetti w/ Italian Meat Sauce Veggie Burger on a *Bun (meatless) *Peanut Butter &amp; Jelly Sandwich (meatless)(contains nuts) *Antipasto Pasta Salad w/ Turkey Ham</p> <p><u>Choose Two</u> <b>Roasted Zucchini &amp; Squash</b> Tossed Romaine Salad Assorted Fresh Fruit &amp; Cupped Fruit</p>	<p><u>Choose One</u> 1</p> <p><b>BBQ Chicken Drumstick w/ *Mac &amp; Cheese</b> *Tuna Casserole (meatless) *Turkey Ham &amp; Cheese Sandwich Tuna Chef Salad w/ Crackers (meatless)</p> <p><u>Choose Two</u> Vegetarian Baked Beans <b>Green Beans</b> Assorted Fresh Fruit &amp; Cupped Fruit</p>	<p><u>Choose One</u> 2</p> <p>*Cheese Pizza (meatless) *Turkey Sausage Pizza Turkey Salami &amp; Cheese *Wrap Chicken Caesar Salad w/ Croutons</p> <p><u>Choose Two</u> Broccoli Assorted Fresh Fruit &amp; Cupped Fruit Complimentary Carrot Bread (may contain traces of nuts)</p>	<p><b>No Classes: Track R &amp; E</b> 3</p> <p><b>STAFF ONLY DAY</b></p>

Students must choose a minimum of 3 food items from the 5 food items offered. Students may decline up to 2 food items.

Daily fresh fruit selection may include pears, bananas, oranges, and apples. Daily cupped fruit may include pears, peaches, applesauce, sliced apples, apricots, or mixed fruit. All meals are offered with a choice of milk. Milk choices include skim white, 1% white, or skim chocolate. Schools with salad bars will not serve the entrée salad. Menu items are labeled as "contains" or "may contain" peanuts or tree nuts as indicated on the ingredient label.

**This Menu Meets the Healthier US School Challenge Gold Standard!**

**WHOLE GRAINS:** An asterisk (\*) denotes items on our menu that contain whole grains. We recognize the positive impact whole grains can make on the health of children. We strive to serve at least one whole grain everyday.

**LOCAL:** Bolded menu items indicate that they are locally sourced. This initiative is part of our continued commitment to the health & welfare of the students we serve. It is also an opportunity for us to contribute to the local community.

**FOOD FOCUS: Brown Rice**  
In some parts of the world, the word "to eat" literally means "to eat rice". Eat whole grain brown rice for a good source of fiber and B vitamins and lots of complex carbohydrates for sustainable energy. *Italicized items on the menu contain brown rice.*