

January 2012

Elementary School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	3 Brown Bag Lunch	4 v-Cheese Pizza served with a Tossed Garden Shaker Salad with Dressing and Croutons and Fresh Orange Smiles 1% White or Non-Fat Chocolate Milk	5 *Teriyaki Beef and Rice Bowl served with Stir Fried Vegetables, Chilled Diced Pears and a Fortune Cookie 1% White or Non-Fat Chocolate Milk	6 *Parma-Rosa Spaghetti with with a Cheese Slice Mixed Green Salad, Low Fat Dressing, Breadstick and Garden Peas 1% White or Non-Fat Chocolate Milk
9 Baked Cheese Sticks with Marinara served with Baby Carrots, Spinach Salad with Low Fat Ranch 1% White or Non-Fat Chocolate Milk	10 Whole Grain Pizza Pocket served with Seasoned Fresh Broccoli Bites and a Crisp Washington Apple 1% White or Non-Fat Chocolate Milk	11 v-Fruit and Yogurt Parfait served with a Cheese Stick, Slim Baby Carrots and Teddy Grahams 1% White or Non-Fat Chocolate Milk	12 *Cheeseburger on a Whole Grain Whole Grain Bun, Oven Baked Fries and Fresh Orange Wedges 1% White or Non-Fat Chocolate Milk	13 *Beef, Bean and Cheese Burrito served with Corn, and a Garden Crisp Salad with Low Fat-Dressing 1% White or Non-Fat Chocolate Milk
16 Martin L. King Holiday No School	17 Chicken Sandwich served with Baked Sweet Potato Fries and Garden Salad with Low Fat Dressing 1% White or Non-Fat Chocolate Milk	18 A. A. Milne's Birthday Piglet in a Blanket, Christopher Robin Potato Smiles, Rabbit's Favorite Carrots, and Winnie the Pooh Chocolate Grahams 1% White or Non-Fat Chocolate Milk	19 Brunch For Lunch v-Cheddar Cheese Omelet, served with Hashbrown Gems, Orange Wedges and a Muffin 1% White or Non-Fat Chocolate Milk	20 Hot Dog served with Chilled Diced Peaches and Broccoli Salad 1% White or Non-Fat Chocolate Milk
23 Indoor BBQ Charbroiled BBQ Hamburger on a Whole Grain Bun, Baked Tator Tots, Fresh Broccoli Bites and *Homemade Applesauce Cake 1% White or Non-Fat Chocolate Milk	24 Beef and Cheese Enchiladas served with Refried Beans, Mexi-Corn and Winter Sunshine Orange Smiles 1% White or Non-Fat Chocolate Milk	25 *v- Baked Macaroni and Cheese served with Mixed Fruit, Crisp Vegetarian Caesar Salad with Croutons and Legumes 1% White or Non-Fat Chocolate Milk	26 *Chicken Chow Mein served over Steamed Brown Rice, with Diced Pears and a Fortune Cookie 1% White or Non-Fat Chocolate Milk	27 Records Day No School
30 Pepperoni Pizza served with Baby Carrots, Chilled Diced Peaches and an *Oatmeal Raisin Cookie 1% White or Non-Fat Chocolate Milk	31 BBQ Chicken Bites with Baked Beans, *Southern Style Coleslaw, Mixed Fruit and a Home-style Biscuit 1% White or Non-Fat Chocolate Milk	<p>Winter Sunshine</p> <p>During the dark days of winter there's nothing better than a beautiful, bright, sweet, juicy orange to help us feel the sunshine of warmer climates. Citrus fruits, such as oranges and grapefruits ripen during the winter months and are usually abundant in January. There are many different kinds of oranges and tangerines. They are all packed with vitamin C and helpful phyto-chemicals that protect cells. Vitamin C helps keep skin and gums healthy, may help shorten a cold, and helps the body absorb iron. A single orange supplies a day's requirement of this vitamin. It's a good idea to eat at least one vitamin C rich food everyday. They're high in fiber and low in calories too! You can find fresh oranges at least once a week on this month's menu! Taste the sunshine!</p>		

V indicates Vegetarian meal
* indicates item made from scratch

1st Tuesday of every month
is Brown Bag Lunch.

