



January 2012 Elementary School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Holiday Recess 2 	3 Chicken Patty Sandwich or Egg Salad Sandwich Buttered Egg Noodles Pea & Carrots Mixed Fruit	4 Ham Biscuit Melt or Homemade Macaroni & Cheese Green Beans Apples	5 Uno's Whole Grain Pizza or Meatball Subs Tossed Salad Sliced Peaches	6 Cheeseburger or Hamburger Potato Rounds Fresh Steamed Broccoli Orange Wedges
9 Chicken Tenders with a Wheat Roll or Tuna Salad Sandwich Seasoned Rice Veggie Sticks Bananas	10 Chicken Chop Suey Served w/ Crunchy Chow Mein Noodles or Ham & Cheese on Pita Bread with a pickle, lettuce & tomato Mandarin Oranges	11 Spaghetti w/ Meat Sauce & Garlic Bread or BBQ Chicken w/ Rice Caesar Salad Fresh Pears	12 Pizza or Grilled Cheese w/ Tomato Soup Broccoli w/ low fat Ranch Dressing Dip Orange Juice Bar	13 Chicken fajita or Taco w/ Lettuce & Tomato Corn Pineapple
16 MARTIN LUTHER KING DAY NO SCHOOL	17 Teriyaki Chicken or Fish Sandwich Oven Baked Fries Cucumber, Tomato & Red Onion Salad Fresh Kiwi	18 <u>Delayed Opening</u> French Toast Sticks or Ham, Egg & Cheese Bagel Sandwich Turkey Sausage Links, Baked Hash Browns Applesauce	19 Veggie Pizza or Tuna Wrap Confetti Orzo Salad Peaches	20 Hot Dog & Baked Beans or Chicken Salad Sandwich Homemade Cole Slaw Grapes
23 Chicken Nuggets or Cheese Quesadilla Potato Rounds Roasted Baby Carrots Mixed Fruit	24 Homemade American Chop Suey or Egg Salad Sandwich Green Beans Oranges	25 Ham, Potato & Vegetable Casserole or Cheese Raviolis w/ Marinara Sauce Tossed Green Salad Berrylicious Rice Pudding	26 Stuffed Crust Pizza or Turkey Salad sandwich w/ Cranberries Homemade Three Bean Salad Apple Crisp	27 Popcorn Chicken or Sloppy Joe Herb Rice Homemade Sweet Potato Bread Sliced Pears
30 Cheeseburger or Hamburger Baked French Fries Pineapple Cole Slaw Raisins	31 Homemade Chicken Pot Pie or Chili with a Corn Bread Muffin Veggie Sticks Green Apples			

Paid Meals ❄️ ❄️ ❄️ Reduced Meals

Breakfast	\$1.25	Breakfast	.30
Lunch	\$2.25	Lunch	.40
Milk	.40	Milk	.40

Available Daily For Breakfast
Cereal/Yogurt/Toast/Bagels &
Cream Cheese

or
Scrambled Eggs/Toast/Waffles
Pancakes & Syrup
Choice of Juice or Low Fat Milk



Did You Know?

Sweet potatoes are delicious baked, in casseroles, pureed in soups, mashed or used as a pie filling. Sweet potatoes are also a very good source of dietary fiber, as well as a number of other vitamins and minerals, including manganese, potassium, vitamin C and more.



This explains what to do if you believe you have been treated unfairly. "In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA Director, Office of Adjudication, 1400 Independence Avenue SW, Washington, D.C. 20250-9410 or call toll-free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer."

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MyNutriKids – On line prepayments

MyNutriKids gives parents a fast, easy and secure way to add money to your children's school meal accounts (using a credit, debit card or PayPal account), check your children's current school meal account balances and monitor what items your children have been purchasing at school. If you have questions, contact Deborah Riso 436-0443 or Donna Sulley 431-5080 ext 229