

# January 2024 Elementary Lunch Menu

January is National  
Oatmeal Month!



Oatmeal dates back to  
7000BC!

75% of all Americans  
eat oatmeal!

Oatmeal helps prevent  
heart disease!



## Daily Lunch Choices

### Choose 1:

Meat / Meatless Entrée,  
Entrée Salads,  
Cold Sandwiches

### Must Choose at least 1:

Hot & Cold Vegetables  
Variety of Fruits & Juices  
(may choose up to 2  
servings each of fruits &  
veggies with their meal)

### May Choose 1 Milk:

Low Fat White,  
Fat Free Chocolate,  
Fat Free Strawberry or  
Fat Free Skim

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>	<p>2</p> <p>Winter Holiday Break</p>	<p>3</p>	<p>4</p>	<p>5</p> <p>Classes Resume January 8th 2024</p>
<p>8</p> <p><u>Choose One:</u> <b>Hamburger on a Bun</b> <b>Cheeseburger on a Bun</b> <b>Managers Choice</b> Apple a Day Salad Plate Italian Sub Sandwich <u>Choose:</u> Country Baked Beans Tossed Side Salad</p>	<p>9</p> <p><u>Choose One:</u> <b>Meat Lovers Stromboli</b> <b>Managers Choice</b> Chicken Caesar Salad Turkey Pinwheel Munchable <u>Choose:</u> Tomato Soup Marinara Sauce Cup Sliced Cucumber Side Salad</p>	<p>10</p> <p><u>Choose One:</u> <b>Steak Fingers Potato Bowl</b> <b>Managers Choice</b> Yogurt, Fruit &amp; Granola Parfait Ham &amp; Cheese Croissant <u>Choose:</u> Mashed Potato &amp; Gravy Farmstand Veggie Dippers</p>	<p>11</p> <p><u>Choose One:</u> <b>Cheese Quesadilla</b> <b>Managers Choice</b> Beef or Pork Taco Salad Chicken Caesar Wrap <u>Choose:</u> Green Beans Salsa Cup Romaine Side Salad</p>	<p>12</p> <p><u>Choose One:</u> <b>Pizza Variety</b> <b>Managers Choice</b> Fruit &amp; Yogurt Plate PBJ Uncrustable or Sandwich <u>Choose:</u> Broccoli Florets Carrot Dippers Side Salad</p>
<p>15</p> <p>No School for Students</p> <p>Martin Luther King, Jr. Day</p>	<p>16</p> <p><u>Choose One:</u> <b>Cheesy Bread</b> <b>Chicken &amp; Cheese Nachos</b> Chicken BLT Salad Ham Pinwheel Munchable <u>Choose:</u> Refried Fiesta Beans Marinara Sauce Cup Lettuce &amp; Tomato Side Salad</p>	<p>17</p> <p><u>Choose One:</u> <b>Teriyaki Beef Dippers</b> <b>Breaded Chicken Drumstick</b> (Both Entrées Served with Rice) Yogurt, Fruit &amp; Granola Parfait Turkey &amp; Cheese Croissant <u>Choose:</u> Broccoli Florets Sliced Cucumber Side Salad</p>	<p>18</p> <p><u>Choose One:</u> <b>Chicken Parm Sandwich</b> <b>Hot Dog on a Bun</b> Apple a Day Salad Plate Chicken Caesar Wrap <u>Choose:</u> Crispy Crinkle Fries Romaine Side Salad</p>	<p>19</p> <p><u>Choose One:</u> <b>Pizza Variety</b> <b>Fish &amp; Tots Basket</b> Fruit &amp; Yogurt Plate PBJ Uncrustable or Sandwich <u>Choose:</u> Green Beans Carrot Dippers Side Salad</p>
<p>22</p> <p><u>Choose One:</u> <b>Chicken Nuggets or</b> <b>Breaded Steak Fingers</b> <b>Pasta &amp; Meat Sauce</b> (All Entrées Served with Roll Yogurt, Fruit &amp; Granola Parfait Turkey Club Sub <u>Choose:</u> Sweet Potato Fries Farmstand Veggie Dippers</p>	<p>23</p> <p><u>Choose One:</u> <b>Beef or Pork Tacos</b> <b>w/ Tortillas or Chips</b> <b>Mini Cheese Calzones</b> Chicken Caesar Salad Italian Pinwheel Munchable <u>Choose:</u> Marinara Sauce Cup Santa Fe Black Beans Sliced Cucumber Side Salad</p>	<p>24</p> <p><u>Choose One:</u> <b>Chicken Teriyaki with Rice</b> <b>Macaroni &amp; Cheese</b> Apple a Day Salad Plate Turkey &amp; Cheese Croissant <u>Choose:</u> Broccoli Florets Lettuce &amp; Tomato Side Salad</p>	<p>25</p> <p><u>Choose One:</u> <b>Breakfast for Lunch</b> <b>Chicken Patty on a Bun</b> Harvest Farmers Salad Ham &amp; Cheese Hoagie <u>Choose:</u> Deli Roasted Potato Romaine Side Salad</p>	<p>26</p> <p><u>Choose One:</u> <b>Pizza Variety</b> <b>Fish &amp; Chips Basket</b> Fruit &amp; Yogurt Plate PBJ Uncrustable or Sandwich <u>Choose:</u> Green Beans Carrot Dippers Side Salad</p>
<p>29</p> <p><u>Choose One:</u> <b>Hamburger on a Bun</b> <b>Cheeseburger on a Bun</b> <b>Cherry Blossom Chicken</b> <b>Rice Bowl</b> Apple a Day Salad Plate Italian Sub Sandwich <u>Choose:</u> Country Baked Beans Tossed Side Salad</p>	<p>30</p> <p><u>Choose One:</u> <b>Grilled Cheese</b> <b>Grilled Ham &amp; Cheese</b> <b>Meat Lovers Stromboli</b> Chicken Caesar Salad Turkey Pinwheel Munchable <u>Choose:</u> Tomato Soup Marinara Sauce Cup Sliced Cucumber Side Salad</p>	<p>31</p> <p><u>Choose One:</u> <b>Beefy-Mac Casserole</b> <b>Popcorn Chicken Bowl</b> Yogurt, Fruit &amp; Granola Parfait Ham &amp; Cheese Croissant <u>Choose:</u> Mashed Potato &amp; Gravy Farmstand Veggie Dippers</p>	<div> <p>For Menu &amp; Nutrition Information or to download the app on your device! Visit <a href="https://nutrislice.com">nutrislice.com</a></p> </div> <div> <p>Menus are subject to change!</p> <p>We do our best to provide our customers with all of our planned options, however occasionally weather, crops, and supplies have other ideas!</p> </div>	

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