

January Elementary Lunch

Fun Fact!

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:
Entrée

Must Choose at least 1:

Fruit or Vegetable (may choose up to 2 servings each of fruits & veggies with their lunch meal)

May Choose: 1 Milk:
Low Fat White, Fat Free Chocolate or Fat Free Skim

Available for Lunch Daily:

Meat / Meatless Entrée, Entrée Salads, Cold Sandwiches, Hot & Cold Vegetables, Variety of Fruits & Juices

Monday	Tuesday	Wednesday	Thursday	Friday
2 School Resumes Monday January 9, 2023	3 Winter Holidays	4	5	6
9 Choose One: Hamburger on a Bun <u>or</u> Cheeseburger on a Bun Boneless Dill Chicken Wings Fruit & Yogurt Plate PBJ Kit Uncrustable <u>or</u> Sandwich Choose: Country Baked Beans Fresh Veggie Dippers	10 Choose One: Beef <u>or</u> Pork Tacos w/ Tortillas <u>or</u> Chips Cheesy Bread Chicken Caesar Salad Turkey Club Wrap Choose: Broccoli Florets Marinara Sauce Cup Romaine Side Salad	11 Choose One: Macaroni & Cheese Chicken & Waffles Chicken BLT Salad Ham & Cheese Croissant Choose: Crinkle Crispy Fries Sliced Cucumbers	12 Choose One: Popcorn Chicken Bowl w/ Roll BBQ Pork Sandwich Yogurt & Fruit Parfait Chicken Caesar Wrap Choose: Corn Niblets Mixed Side Salad	13 Choose One: Pizza Variety Chicken Tinga Rice Bowl & Roll Chicken Tinga Tacos Apple a Day Salad Ham, Turkey & Cheese Sub Choose: Green Beans Fresh Veggie Dippers
16 No School for Students! 	17 Choose One: Breakfast for Lunch Mini Cheese Calzones Chicken Caesar Salad PBJ Kit Uncrustable <u>or</u> Sandwich Choose: Deli Roasted Potatoes Marinara Sauce Cup Romaine Side Salad	18 Choose One: Chicken Nuggets Pasta w/ Meat Sauce <u>or</u> Cheese Lasagna Roll-up Yogurt & Fruit Parfait Ham & Cheese Croissant Choose: Corn Niblets Sliced Cucumbers	19 Choose One: Teriyaki Chicken Rice Bowl w/ Roll Grilled Cheese Sandwich Chicken BLT Salad Chicken Caesar Wrap Choose: Broccoli Florets Mixed Side Salad	20 Choose One: Pizza Variety Corn Dog <u>or</u> Hot Dog on a Bun Apple a Day Salad Ham, Turkey & Cheese Sub Choose: Sweet Potato Fries Fresh Veggie Dippers
23 Choose One: Hamburger on a Bun <u>or</u> Cheeseburger on a Bun Chicken & Waffles Fruit & Yogurt Plate Turkey Club Wrap Choose: Country Baked Beans Fresh Veggie Dippers	24 Choose One: Beef <u>or</u> Pork Tacos w/ Tortillas <u>or</u> Chips Cheesy Bread Chicken Caesar Salad PBJ Kit Uncrustable <u>or</u> Sandwich Choose: Broccoli Florets Marinara Sauce Cup Romaine Side Salad	25 Choose One: Macaroni & Cheese Boneless Dill Chicken Wings Chicken BLT Salad Ham & Cheese Croissant Choose: Crinkle Crispy Fries Sliced Cucumbers	26 Choose One: Popcorn Chicken Bowl w/ Roll BBQ Pork Sandwich Yogurt & Fruit Parfait Chicken Caesar Wrap Choose: Corn Niblets Mixed Side Salad	27 Choose One: Pizza Variety Chicken Tinga Rice Bowl & Roll Chicken Tinga Tacos Apple a Day Salad Ham, Turkey & Cheese Sub Choose: Green Beans Fresh Veggie Dippers
30 Coming Soon Exciting New Menu Items	31 		<p>Please Note: The nationwide labor, driver, and product shortages are having a significant impact on our school cafeterias. We may need to change our menus without notice to accommodate the shortages while still offering students a variety of healthy menu options. This menu may not reflect what is actually offered in your cafeteria if substitutions are necessary. We apologize for any inconveniences.</p>	

Cauliflower
 Can Grow up to 30" Tall and 30" Round