



Elementary (K-5) Lunch Menu

Southand.

January 2016

The cost of a paid student meal is \$2.10 for elementary students. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 4	Jan 5	Jan 6	Jan 7	Jan 8
Toasted Two Cheese Sandwich on Whole Grain Bread OR Turkey Salami Sandwich on Whole Grain Bun	Turkey Hot Dog on Whole Grain Bun OR Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Roll	Homemade Cheese Pizza on Whole Grain Crust OR Haitian Style Fish w/ Creole Rice and Beans	Hamburger on Whole Grain Bun w/Salsa and Shredded Cheddar Cheese OR Vegetarian Stir Fry	Hot Turkey Meatball Sub w/ Marinara & Mozzarella on Whole Grain Bun OR Cheese and Yogurt Plate
Sweet Potato Fries Green Beans Italiano Diced Pears	Mashed Potatoes w/ Gravy Fresh Cucumber Coins Pineapple Cup	Glazed Carrots Fresh Local Tuscan Kale Salad Fresh Orange	Garlic Lemon Broccoli Vegetarian Bean Dip w/Homemade Tortilla Chips Fresh Banana	Fiesta Black Beans Fresh Baby Carrots w/Light Dressing Fresh Local Apple
Jan 11		Jan 13		
Chicken Nuggets w/ Mumbo Sauce & Whole Grain Dinner Roll OR Veggie Chili w/ Whole Grain Dinner Roll	Barbecue Turkey on Whole Grain Bun OR Vegetarian Caesar Salad w/Whole Grain Croutons	Korean Bibimbap Chicken w/Ginger Lime Brown Rice OR Veggie Fried Rice	Pizza Burger on Whole Grain Bun OR Italian Bagel	Panes Rellenos (Salvadoran Chicken Torta) OR Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips
Fresh Roma Roasted Local Red Potatoes Fresh Cucumber & Tomato Salad	Southwest Pinto Beans Fresh Celery w/Light Dressing	Seasoned Carrots Fresh Cucumber Coins	Sweet Potato Fries Fresh Local Kale Caesar Salad	Roasted Broccoli Fresh Baby Carrots w/ Light Dressing
Fresh Local Apple	Pineapple Cup	Fresh Orange	Fresh Banana	100% Grape Juice
Jan 18	Jan 19	Jan 20	Jan 21	Jan 22
ML King Day No School	Whole Grain Spaghetti w/ Beef Meatballs OR Whole Grain Spaghetti w/Marinara Sauce & Mozzarella Cheese Roasted Broccoli Fresh Baby Carrots w/ Light Dressing	Homemade Cheese Pizza on Whole Grain Crust OR Chicken Salad Sandwich on Whole Grain Bun Seasoned Carrots Fresh Romaine and Tomato Side Salad	Brown Rice OR Veggie Lo Mein Baked Beans Homemade Coleslaw	Pescada a la Mexicana (Mexican Style Baked Fish) w/Spanish Brown Rice OR Bean & Cheese Burrito Mexican Corn Fresh Celery Sticks w/ Light Dressing
	Pineapple Cup	Fresh Orange	Fresh Banana	100% Grape Juice
Jan 25	Jan 26	Jan 27	Jan 28	Jan 29
Spicy Asian Chicken w/ Brown Rice OR Veggie Lo Mein Sweet Green Peas	Homemade Cheese Pizza on Whole Grain Crust OR Chicken Taco	Australian Food Day Shepard's Pie w/Turkey & Mashed Potatoes w/ Savory Scone OR Australian Vegetable Curry w/ Savory Scone	Whole Grain Rotini w/Turkey Meat Sauce OR Whole Grain Rotini w/Marinara & Mozzarella Glazed Carrots	Rachael Ray's Yum-O Capitol City Chicken Drumstick w/Whole Grain Biscuit OR Toasted Two Cheese Sandwich on Whole Grain Bread
Fresh Broccoli w/ Light Dressing Fresh Local Apple	Fresh Baby Carrots w/ Light Dressing Pineapple Cup	Roasted Pumpkin Australian Coleslaw Fresh Orange	Fresh Cucumber & Tomato Salad Fresh Banana	Southwest Pinto Beans Fresh Cucumber Coins 100% Grape Juice

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