

CITRUS FRUITS ARE AN EXCELLENT SOURCE OF VITAMIN C,
WHICH HELPS KEEP THE IMMUNE SYSTEM HEALTHY.

**SIMPLY
GOOD**

Early Childhood Lunch Menu

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), 1 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!

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 4	Jan 5	Jan 6	Jan 7	Jan 8
Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Salami on Whole Grain Roll	Homemade Cheese Pizza on Whole Grain Crust	Vegetarian Stir Fry	Hot Turkey Meatball Sub w/Marinara & Mozzarella on Hot Dog Bun
Sweet Potato Fries	Mashed Potatoes w/ Gravy	Glazed Carrots	Garlic Lemon Broccoli	Fiesta Black Beans
Diced Pears	Pineapple Cup	Fresh Orange	Fresh Banana	Fresh Local Apple
Jan 11	Jan 12	Jan 13	Jan 14	Jan 15
Chicken Nuggets w/ Mumbo Sauce & Whole Grain Dinner Roll	Barbecue Turkey on Whole Grain Bun	Korean Bibimbap Chicken w/Ginger Lime Brown Rice	Italian Bagel	Panes Rellenos (Salvadoran Chicken Torta)
Fresh Roma Roasted Local Red Potatoes	Southwest Pinto Beans	Seasoned Carrots	Sweet Potato Wedges	Roasted Broccoli
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	Homemade Cheese Pizza on Whole Grain Crust	Teriyaki Chicken w/ Ginger Lime Brown Rice	Bean & Cheese Burrito
	Roasted Broccoli	Seasoned Carrots	Confetti Coleslaw	Mexican Corn
	Pineapple Cup	Fresh Orange	Fresh Banana	100 % Grape Juice
Jan 25	Jan 26	Jan 27	Jan 28	Jan 29
Veggie Lo Mein	Homemade Cheese Pizza on Whole Grain Crust	Australian Food Day Shepard's Pie w/Turkey & Mashed Potatoes	Whole Grain Rotini w/ Turkey Meat Sauce	Rachael Ray's Yum-O-Capital City Chicken Breast w/Whole Grain Biscuit
Seasoned Green Peas	Local Country Collards	Savory Scone	Glazed Carrots	Southwest Pinto Beans
Fresh Local Apple	Pineapple Cup	Roasted Pumpkin	Fresh Banana	100 % Grape Juice
		Fresh Orange		