

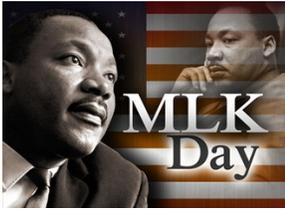
CITRUS FRUITS ARE AN EXCELLENT SOURCE OF VITAMIN C,
WHICH HELPS KEEP THE IMMUNE SYSTEM HEALTHY.

**SIMPLY
GOOD**

Education Campus (K-8) 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), 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 Deli Option: Turkey Ranch Wrap Sweet Potato Fries Green Beans Italiano Diced Pears	Turkey Hot Dog on Whole Grain Bun OR Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Roll Mashed Potatoes w/ Gravy Fresh Cucumber Coins Pineapple Cup	Homemade Cheese Pizza on Whole Grain Crust OR Haitian Style Fish w/ Creole Rice and Beans Glazed Carrots Fresh Local Tuscan Kale Salad Fresh Orange	Hamburger on Whole Grain Bun w/Salsa and Shredded Cheddar Cheese OR Vegetarian Stir Fry Garlic Lemon Broccoli Vegetarian Bean Dip w/Homemade Tortilla Chips Fresh Banana	Hot Turkey Meatball Sub w/ Marinara & Mozzarella on Whole Grain Bun OR Cheese and Yogurt Plate Fiesta Black Beans Fresh Baby Carrots w/Light Dressing Fresh Local Apple
Jan 11	Jan 12	Jan 13	Jan 14	Jan 15
Chicken Nuggets w/ Mumbo Sauce & Whole Grain Dinner Roll OR Veggie Chili w/ Whole Grain Dinner Roll Fresh Roma Roasted Local Red Potatoes Fresh Cucumber & Tomato Salad Fresh Local Apple	Barbecue Turkey on Whole Grain Bun OR Vegetarian Caesar Salad w/Whole Grain Croutons Southwest Pinto Beans Fresh Celery w/Light Dressing Pineapple Cup	Korean Bibimbap Chicken w/Ginger Lime Brown Rice OR Veggie Fried Rice Seasoned Carrots Fresh Cucumber Coins Fresh Orange	Pizza Burger on Whole Grain Bun OR Italian Bagel Sweet Potato Wedges Fresh Local Kale Caesar Salad Fresh Banana	Panes Rellenos (Salvadoran Chicken Torta) OR Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips Roasted Broccoli Fresh Baby Carrots w/ Light Dressing 100 % Grape Juice
Jan 18	Jan 19	Jan 20	Jan 21	Jan 22
 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 Pineapple Cup	Homemade Cheese Pizza on Whole Grain Crust OR Chicken Salad Sandwich on Whole Grain Bun Seasoned Carrots Fresh Romaine and Tomato Side Salad Fresh Orange	Teriyaki Chicken w/ Ginger Lime Brown Rice OR Veggie Lo Mein Baked Beans Homemade Coleslaw Fresh Banana	Pescada a la Mexicana (Mexican Style Baked Fish) w/Spanish Brown Rice OR Bean & Cheese Burrito Mexican Corn Fresh Celery Sticks w/ Light Dressing 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 Fresh Broccoli w/ Light Dressing Fresh Local Apple	Homemade Cheese Pizza on Whole Grain Crust OR Chicken Taco Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing Pineapple Cup	Australian Food Day Shepard's Pie w/Turkey & Mashed Potatoes w/Savory Scone OR Australian Vegetable Curry w/ Savory Scone Roasted Pumpkin Australian Coleslaw Fresh Orange	Whole Grain Rotini w/Turkey Meat Sauce OR Whole Grain Rotini w/Marinara Sauce Glazed Carrots Fresh Cucumber & Tomato Salad Fresh Banana	Rachael Ray's Yum-O Capitol City Chicken Drumstick w/Whole Grain Biscuit OR Toasted Two Cheese Sandwich on Whole Grain Bread Southwest Pinto Beans Fresh Cucumber Coins 100 % Grape Juice
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Caesar Salad w/Fresh Romaine & Croutons w/Whole Grain Dinner Roll	Garden Salad w/Fresh Romaine Tomatoes, Cheese & Whole Grain Garlic Bun	Chef Salad w/Fresh Romaine, Turkey Ham, Egg, Cheese & Whole Grain Garlic Bun	Turkey Salami Sandwich on Whole Grain Roll	Chicken Salad on Whole Grain Sub w/Fresh Lettuce and Tomato