

January 2012

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Lunch Menu <u>Prices:</u>	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Student Paid \$2.25 Student Reduced .40 Adult Lunch 4.00 Milk: .50 Ala Carte and Snacks Available Daily Cereal, Yogurt, Mini Bagel, Jelly, String Cheese, Veggies, Fruit, Choice of Milk Milk Choices Include: 1% White, Skim, 1% Strawberry Fat Free Chocolate <i>If a student has a milk allergy, Lactose Free Milk is available as a substitution upon request.</i>	School Closed	GRILLED CHEESE W/ SOUP Green Beans Mixed Fruit Alt: Pizza Dippers Day B - Milk Choice	MEATBALL PARM on a whole grain torpedo Garden Salad Apple Slices Alt: Hot Dog Day C - Milk Choice	CHICKEN PATTY on a whole grain bun Baked Potato Rounds Pear Cup Alt: Cheese Burger Day D - Milk Choice	RAY'S PIZZA Baby Carrot Sticks w/ Dressing Fresh Orange Alt: Tuna Salad Sandwich Day E - Milk Choice
	9 WAFFLES W/ Sausage Patty Hash Brown 100% Juice Cup Alt: Chicken Nuggets Day A - Milk Choice	10 OVEN BAKED CHICKEN Potato Wedges Green Beans Apple Slices Alt: Pizza Dippers Day B - Milk Choice	11 WHOLE GRAIN PASTA Meatballs w/ sauce Garlic Bread Garden Salad Alt: Hot Dog Day C - Milk Choice	12 CHICKEN NUGGETS Whole Grain Dinner Roll Baby Carrots w/ dressing Mixed Fruit Cup Alt: Cheese Burger Day D - Milk Choice	13 RAY'S PIZZA Garden Tossed Salad w/ Dressing Apple Sauce Alt: Tuna Salad Sandwich Day E - Milk Choice
	16 Martin Luther King Jr. Day No School	17 FRENCH TOAST STIX w/ Ham Slice Hash Brown 100% Juice Cup Alt: Pizza Dippers Day A - Milk Choice	18 HONEY WINGS Whole Grain Dinner Roll Vegetarian Beans Pear Slices Alt: Hot Dog Day B - Milk Choice	19 TACO TWINS Shell, Rice, Corn Cheese, Lettuce, Tomato Cup Pineapple Tidbits Alt: Cheese Burger Day C - Milk Choice	20 RAY'S PIZZA Caesar Salad w/Croutons Cling Peaches Pudding Alt: Tuna Salad Sandwich Day D - Milk Choice
What's New this Month... <u>Vegetable of the Month:</u> Cauliflower <u>Fruit of the Month:</u> Pineapple Balloons for Balanced Lunch Orange = Grains Green = Vegetables Red = Fruits Blue = Milk Purple = Meat & Beans Yellow = Oils & X Energy	23 CHEESE STEAK Sweet Potato Fries Garden Salad Fruit Choice Alt: Chicken Nuggets Day E - Milk Choice	24 FISH STICKS Macaroni & Cheese Garden Salad Fresh Apple Slices Alt: Pizza Dippers Day A - Milk Choice	25 POPCORN CHICKEN Steamed Cauliflower Glazed Carrots Banana Alt: Hot Dog Day B - Milk Choice	26 SLOPPY JOE Potato Tots Peas Mixed Fruit Cup Alt: Cheese Burger Day C - Milk Choice	27 RAY'S PIZZA Caesar Salad w/Croutons Choice of Fruit Chocolate Chip Cookie Alt: Tuna Salad Sandwich Day D - Milk Choice
	30 PIZZA BURGER Potato Wedges Corn Diced Peaches Alt: Chicken Nuggets Day E - Milk Choice	31 PANCAKES w/ syrup cup Sausage Patty Hash Brown Stick Fresh Fruit Alt: Pizza Dippers Day A - Milk Choice		Fresh Fruit is available daily for student lunches in place of the fruit of the day.	WALTER HILL'S MONTHLY ALTERNATIVE CHICKEN PATTY SANDWICH
<i>Menu subject to change without notice*</i>	Food Service Director - Michelle Barnabie			Email: SWE@nsfm.com	