



Elementary Menus for January 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Holiday
4 Cheeseburger Pepperoni Pizza Power Pack	5 Chicken Patty Bean & Cheese Chalupa Peanut Butter Dippers	6 Munchable PB & J Power Pack	7 Spaghetti & Meatballs Pizza Hot Pocket Fruit & Cheese Plate	8 Chicken Nuggets & Potatoes Bean & Cheese Burrito Power Pack
11 Corn Dog Pepperoni Pizza Power Pack	12 Pizza Hot Pocket Chicken Patty Peanut Butter Dippers	13 Chef Salad PB & J Power Pack	14 Cheese Pizza Pork Rib Sandwich Fruit & Cheese Plate	15 Chicken Nuggets & Potatoes Bean & Cheese Burrito Power Pack
18 Martin Luther King Holiday	19 Chicken Patty Bean & Cheese Chalupa Power Pack	20 Munchable PB & J Peanut Butter Dippers	21 Spaghetti & Meatballs Pizza Hot Pocket Fruit & Cheese Plate	22 Chicken Nuggets & Potatoes Bean & Cheese Burrito Power Pack
25 Corn Dog Pepperoni Pizza Power Pack	26 Pizza Hot Pocket Chicken Patty Peanut Butter Dippers	27 Chef Salad PB & J Power Pack	28 Cheese Pizza Pork Rib Sandwich Fruit & Cheese Plate	29 Chicken Nuggets & Potatoes Bean & Cheese Burrito Power Pack
<i>SIDES</i>				
Broccoli Fruit	Corn Fruit	Baby Carrots Fruit	Salad Cup Fruit	Baby Carrots Fruit

Breakfast Includes:

Entrée
Low in Sugar & Whole Grain
Cereal,
1% Milk, Fresh Fruit and
100% Fruit Juice.

Monday Entrée

Rock 'N Roll Bar

Tuesday Entrée

Whole Grain Mini Muffin

Wednesday Entrée

Bagel with your choice of
cream cheese
or peanut butter

Thursday Entrée

Hard Boiled Egg

Friday Entrée

Low-Fat String Cheese
Graham Crackers

Breakfast Prices

Paid: \$1.00; Reduced: Free
Staff: \$1.75

Lunch Prices

Paid: \$2.00; Reduced: \$0.40
Staff: \$2.50

Menu subject to change.

Lunch Includes:

Your choice of
one entrée,
vegetable,
milk,
fruit and
100%
fruit juice.

New Efforts to Reduce Sugar in Our Menu!

It has been reported that the average American consumes 2-3 pounds of sugar a week!

As an effort to improve the nutritional status of our students,
we will no longer serve sweetened cereals or other high sugar foods .

- The new cereals offered are: Cheerios, Corn Flakes, Kix and Rice Chex.
- Pop Tarts will no longer be served.
- We will no longer offer chocolate milk.

Thank you in advance for your support in our efforts to
provide healthier meals to our students.