



# Food Zone

## Lunch

## January

## Elementary

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b><u>NO SCHOOL</u></b>	2 <b><u>NO SCHOOL</u></b>	3 Ravioli Breadstick Hot Vegetable Choice of Fruit Choice of Milk	4 Chicken Nuggets Mashed Potatoes/Gravy Hot Vegetable Choice of Fruit Choice of Milk	5 Pizza Choice of Vegetable Choice of Fruit Choice of Milk
8 BBQ Chicken Pattie Sand Tater Tots Choice of Fruit Choice of Milk	9 Tacos Refried Beans Choice of Fruit Choice of Milk	10 Fish Sticks Mac-n-Cheese Hot Vegetable Choice of Fruit Choice of Milk	11 Popcorn Chicken Mashed Potatoes/Gravy Hot Vegetable Choice of Fruit Choice of Milk	12 Pizza Choice of Vegetable Choice of Fruit Choice of Milk
15 <b><u>NO SCHOOL</u></b>	16 Chicken Noodle Soup Peanut Butter Sand. Choice of Fruit Choice of Milk	17 Pretzel & Cheese Baked Beans Choice of Fruit Choice of Milk	18 Chicken Breast Mashed Potatoes/Gravy Hot Vegetable Choice of Fruit Choice of Milk	19 Pizza Choice of Vegetable Choice of Fruit Choice of Milk
22 Hamburg Gravy Mashed Potatoes Hot Vegetable Choice of Fruit Choice of Milk	23 BBQ Riblette Baked Fries Choice of Fruit Choice of Milk	24 Meatball Sub Potatoes Choice of Fruit Choice of Milk	25 Chicken Tenders Mashed Potatoes/Gravy Hot Vegetable Choice of Fruit Choice of Milk	26 Pizza Choice of Vegetable Choice of Fruit Choice of Milk
29 Chicken Fajita Buttered Noodles Hot Vegetable Choice of Fruit Choice of Milk	30 Pancakes Sausage Choice of Fruit Choice of Milk	31 Beef Vegetable Soup Roll/Butter Choice of Fruit Choice of Milk		

**WHAT MAKES A MEAL?** You must choose at least 3 of 5 components available for the school lunch price.

**Meat or meat alternate, choice of vegetable, choice of fruit, grain/bread and choice of milk. (1%White Fat Free, Chocolate, Fat Free White)** A minimum of ½ cup serving of fruit or a minimum of a ½ cup vegetable **MUST** accompany a reimbursable lunch!

**Weekly Vegetable Subgroups May Include:** Dark green (spinach, broccoli, romaine, spring salad) red/orange (carrots, sweet potatoes, tomatoes, red peppers, beans/peas (Legumes) and starchy (white potatoes, corn, peas, lima beans) Other vegetables will include celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage, green peppers.

**Daily Fruit Selections May Include:** Oranges, Apples, Bananas, Pears, Peaches, , Strawberries, Applesauce, Pineapples, and Mandarin Oranges.

**LEAVE YOUR LUNCH BOX AT HOME!!!! Daily Entrée Options May Include:**

*Large Chef Salad & Stuffed Deli Hoagie & Low Fat Yogurt & Smuckers PB&J*