

9-12 LunchSmart Menu January 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
Spotlight Fruit of the Week: Bananas	January 1 	January 2 NO SCHOOL	January 3 NO SCHOOL	January 4 Build-Your-Own Crunchy Beef Tacos with Garnish Cup & Salsa Brown Rice* Baby Carrots Applesauce	January 5 Toasted Cheese Sandwich with Tomato Soup & Cheddar Goldfish Crackers* California Blend Veggies Pears
Spotlight Fruit of the Week: Fresh Pears	January 8 Chicken Parmesan Sandwich on a Bun Broccoli Florets Honey Oat Goldfish Cracker* Peaches	January 9 Beef Sloppy Joe on a Bun Baby Carrots Mixed Fruit	January 10 Beef Burrito Bowl with Black Beans, Corn & Salsa Pineapple	January 11 Boneless Chicken Wings with BBQ Dipping Sauce & Honey Wheat Dinner Roll* Scalloped Potatoes Green Beans Applesauce	January 12 Toasted Mozzarella Cheese Sandwich Italiano with Beef Vegetable Soup & Rice Krispies Treat* Baby Carrots Pears
Spotlight Fruit of the Week: Grapes	January 15 NO SCHOOL	January 16 BBQ Chicken Sandwich on a Bun^ Corn Harvest Cheddar SunChips* Mixed Fruit	January 17 Grilled Chicken Sandwich*with Lettuce & Tomato Marinated Three-Bean Salad Pineapple	January 18 Spaghetti* with Turkey Meatballs, Marinara & Garlic Bread* Broccoli Florets Applesauce	January 19 French Toast Sticks*with Syrup & Turkey Sausage Baby Carrots Pears
Spotlight Fruit of the Week: Bananas	January 22 Chicken Tenders* with BBQ Dipping Sauce & Breadstick Broccoli Rice Krispies Treat* Peaches	January 23 Beef Fajitas with Tortillas Flame-Roasted Pepper & Onion & Salsa Baby Carrots Mixed Fruit	January 24 Chicken Corn Dog Kettle-Baked Beans Corn Pineapple	January 25 Turkey Ham & Cheese Panini* Oven-Baked Spiral-Cut French Fries Applesauce	January 26 Lasagna Roll-Up & Garlic Bread Capri Blend Veggies Honey Oat Goldfish Cracker* Pears
Spotlight Fruit of the Week: Fresh Pears	January 29 Oven-"Fried" Chicken Drumstick* & Breadstick* Kettle-Baked Beans Corn Snickerdoodle Cookie* Peaches	January 30 Huli Huli Chicken with Polynesian Rice* Mini Kuumala (Sweet Potatoes) California Blend Veggies Honey Oat Goldfish Cracker* Tropical Fruit Salad	January 31 Bosco Stick* with Marinara Dipping Sauce Green Beans Pineapple		

What's Up, Doc?

Regular checkups are part of your prescription for good health. Even if you are scared to go to the doctor or believe it's a hassle, don't put periodic medical exams on hold. You can find and treat health problems early, save money on medical bills down the road, and develop a relationship with your doctor. Make this a New Year's resolution.

Available Each Day: Salad and Fresh Fruit / Sunbutter & Jelly Sandwich* with a Yogurt Cup / Skim and 1% White Milk Plus Fat-Free Chocolate Milk

Freshly Prepared Additional Entrées

Monday – All-American Cheeseburger on a Bun* / **Tuesday** – Chicken Nuggets* with Twisted Breadstick* & BBQ Dipping Sauce
Wednesday – Super Nachos* & Salsa / **Thursday** – Breaded Chicken Sandwich* / **Friday** – Pizza* (pepperoni French bread, cheese personal pan, and Big Daddy's extra cheesy pizza rotate each week)

*=Item contains whole grains / ^=Item contains pork / L=Locally sourced / S=Sustainable source

Milk served with lunch contains no artificial growth hormones or antibiotics

Menu is subject to change based on availability and quality of food items / This institution is an equal opportunity employer

Celebrate Polynesia with Ceres on January 30!