



# January 2012

## Elementary Lunch Menu



**5-4-3-2-1-GO!**

**Here's the plan for a healthier you!**

**Eat 5 or more fruits and veggies a day**

**Drink 4 glasses of water a day**

**Get 3 low-fat dairy a day**

**Spend less than 2 hours a day at the TV or computer**

**Take 1 hour to get a runnin' & a jumpin'!**

**GO!**

**Be Fit!**

**Look Good!**

**Feel Strong!**

**Little Caesar's will be pepperoni in January.**

**In accordance with federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or handicap. Menu subject to change due to availability of products.**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**2**  
**HAPPY NEW YEAR**

**3**  
Chicken Patty on a Bun  
Green Beans  
Sliced Peaches  
Fruit Strip

**4**  
Personal Pan  
Cheese Pizza  
Fresh Mixed  
Veggies & Dip  
Apple Slices  
  
L. Caesar's/Superior Hills

**5**  
Ground Beef & Gravy  
Mashed Potatoes  
Orange Wedges  
Wheat Roll

**6**  
Popcorn Chicken  
Golden Corn  
Diced Pears  
Mini Soft Pretzel Stick

**9**  
Macaroni & Cheese  
Steamed Veggie Blend  
Crispy Apple  
Wheat Roll

L. Caesar's/Fr. Marquette

**10**  
Hotdog on a Bun  
Baby Carrots & Dip  
Mandarin Oranges  
Potato Chips

**11**  
Early Dismissal  
  
No Lunch Served

**12**  
Roast Turkey & Gravy  
Mashed Potatoes  
Applesauce  
Wheat Roll

**13**  
Hamburger on a Bun with  
Cheese  
Potato Wedges  
Mixed Fruit

**16**  
Grilled Chicken Patty on a Bun  
Green Beans  
Banana  
Chocolate Pudding

L. Caesar's/Cherry Creek

**17**  
Mini Turkey & Cheese Sub  
Tomato Soup  
Sliced Peaches  
Goldfish Crackers

**18**  
Meaty Nachos & Cheese  
Fresh Mixed Veggies & Dip  
Diced Pears  
  
L. Caesar's/Sandy Knoll

**19**  
Twisted Chicken Alfredo  
Golden Corn  
Orange Wedges  
Wheat Roll

**20**  
Sausage Patties  
French Toast Sticks  
Pineapple Tidbits  
Cherry Crisp

**23**  
Pizza Calzone  
Carrot Coins  
Crispy Apple  
Oatmeal Cookie

L. Caesar's/Superior Hills

**24**  
Chicken Nuggets  
Green Beans  
Mixed Fruit  
Wheat Roll

**25**  
Chicken Chow Mein  
Mini Egg Roll  
Brown Rice  
Pineapple Tidbits  
Fortune Cookie

L. Caesar's/Fr. Marquette

**26**  
Snack Lunch  
String Cheese, Yogurt Cup,  
Muffin, Carrots & Dip, Apple  
Slices, Animal Crackers

**27**  
Professional  
Development  
  
No Lunch Served

**30**  
Cheese Breadsticks & Dipping  
Sauce  
Golden Corn  
Fresh Pear

L. Caesar's/Cherry Creek

**31**  
Meatballs & Spaghetti Sauce  
Curly Noodles  
Tossed Salad with Dressing  
Choice  
Sliced Peaches  
Wheat Roll

