

# January 2011

# Lunch Menu -ELEMENTARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Café LA Chicken &amp; Cheese Enchiladas 🌾 Deli Turkey Submarine on Wheat 🌾 <i>Optional Weekly Entrée *</i> Corn on the Cob Applesauce cup</p>	<p>4</p> <p>Charbroiled Beef Patty with Crisp Baked Potato Rounds Toasted Cheese Sandwich 🌿🌾 <i>Optional Weekly Entrée *</i> Whole Wheat Bun 🌾 Peach Cup</p>	<p>5</p> <p>Deluxe Meat &amp; Cheese Bean &amp; Cheese Burrito 🌿 <i>Optional Weekly Entrée *</i> Baked Tortilla Chips Café LA Baked Apples Cooked Carrot Coins</p>	<p>6</p> <p>Sliced Pepperoni Pizza Vegetarian Sweet &amp; Sour with Brown Rice 🌿🌾 <i>Optional Weekly Entrée *</i> Oven Roasted Potato Wedges Frozen Chocolate Cup Seasonal Fruit</p>	<p>7</p> <p>Breaded Fish Nuggets with Green Beans Macaroni Au Gratin 🌿 <i>Optional Weekly Entrée *</i> Celery Sticks Strawberry Cup / Seasonal Fruit</p>
<p>10</p> <p>Breaded Chicken Nuggets with Whole Wheat Roll 🌾 Oven Baked Pizza 🌿 <i>Optional Weekly Entrée **</i> Oven Baked Crinkle Cut Fries Peach Cup</p>	<p>11</p> <p>Spaghetti &amp; Meatballs Macaroni Au Gratin 🌿 <i>Optional Weekly Entrée **</i> Corn on the Cob Strawberry Cup</p>	<p>12</p> <p>Italian Calzone with Turkey Pepperoni Cheese Ravioli with Sauce 🌿 <i>Optional Weekly Entrée **</i> Café LA Baked Apples Cooked Carrot Coins</p>	<p>13</p> <p>Beef Chalupa Bean &amp; Cheese Burrito 🌿 <i>Optional Weekly Entrée **</i> Shredded Lettuce &amp; Tomato Frozen Orange Juice Cup Seasonal Fruit</p>	<p>14</p> <p>Parmesan Lasagna Toasted Cheese Sandwich 🌿🌾 <i>Optional Weekly Entrée **</i> Fresh Apple Slices Edamame Seasonal Fruit</p>
<p>17</p> <p><b>MARTIN LUTHER KING JR. HOLIDAY</b></p>	<p>18</p> <p>Charbroiled Beef Patty with Crisp Baked Potato Rounds Toasted Cheese Sandwich 🌿🌾 <i>Optional Weekly Entrée *</i> Whole Wheat Bun 🌾 Peach Cup / Whole Apple</p>	<p>19</p> <p>Deluxe Meat &amp; Cheese Bean &amp; Cheese Burrito 🌿 <i>Optional Weekly Entrée *</i> Baked Tortilla Chips Fresh Baby Carrots Fresh Pear</p>	<p>20</p> <p>Sliced Pepperoni Pizza Vegetarian Sweet &amp; Sour with Brown Rice 🌿🌾 <i>Optional Weekly Entrée *</i> Oven Roasted Potato Wedges Frozen Chocolate Cup Whole Orange</p>	<p>21</p> <p>Breaded Fish Nuggets with Green Beans Macaroni Au Gratin 🌿 <i>Optional Weekly Entrée *</i> Celery Sticks Strawberry Cup / Seasonal Fruit</p>
<p>24</p> <p>Breaded Chicken Nuggets with Whole Wheat Roll 🌾 Oven Baked Pizza 🌿 <i>Optional Weekly Entrée **</i> Fresh Apple Slices Peach Cup / Seasonal Fruit</p>	<p>25</p> <p>Spaghetti &amp; Meatballs Yogurt Trio Plate 🌿 <i>Optional Weekly Entrée **</i> Corn on the Cob Crisp Broccoli Bites Seasonal Fruit</p>	<p>26</p> <p>Italian Calzone with Turkey Pepperoni Cheese Ravioli with Sauce 🌿 <i>Optional Weekly Entrée **</i> Café LA Baked Apples Fresh Baby Carrots Seasonal Fruit</p>	<p>27</p> <p>Beef Chalupa Bean &amp; Cheese Burrito 🌿 <i>Optional Weekly Entrée **</i> Shredded Lettuce &amp; Tomato Frozen Orange Juice Cup Seasonal Fruit</p>	<p>28</p> <p>Parmesan Lasagna Toasted Cheese Sandwich 🌿🌾 <i>Optional Weekly Entrée **</i> Oven Baked Crinkle Cut Fries Edamame Seasonal Fruit</p>
<p>31</p> <p>Café LA Chicken &amp; Cheese Enchiladas 🌾 Deli Turkey Submarine on Wheat 🌾 <i>Optional Weekly Entrée *</i> Crisp Broccoli Bites Applesauce Cup Seasonal Fruit</p>	<p>Have a Healthy and Nutritious New Year 2011</p> <p>🌿 = REPRESENT VEGETARIAN ENTRÉE 🌾 = REPRESENT WHOLE GRAIN Milk offered at each meal: 1% White, FF Strawberry, FF Chocolate, or FF Lactose Free Manager has the choice to Serve: <i>*Optional Weekly Entrée:</i> Peanut Butter &amp; Jelly Pocket 🌿🌾 and/or Breaded Chicken Nuggets <i>**Optional Weekly Entrée:</i> Peanut Butter &amp; Jelly Pocket 🌿🌾 /or Whole Grain Breaded Chicken Sandwich 🌾 <i>Optional Daily Side:</i> Spinach Salad <b>Seasonal Fruit</b> – Fresh Apple Slices, Banana, Whole Apple, Whole Orange, Orange Citrus Smiles, Seedless Red Grapes, Fresh Pear <b>Menus are Subject to Change</b></p>			

