



LUNCH

Price \$2.50 Milk \$0.50

JANUARY 2019

ASA C. Adams Elementary School

Daily Menu Alternative includes Sunbutter and Jelly Sandwich



Monday



Tuesday



Wednesday

Thursday

Friday

1

Happy New Year 2

Sweet & Sour Meatballs
Whole grain Brown Rice

*Salad Bar

3

Pizza Day

Cheese Pizza on
Whole Grain Crust

*Salad Bar

4

Fishy Friday

Whole Grain Pollock
French Fries

*Salad Bar

7

Frank & Beans

Turkey Franks
Whole Grain Rolls
Bush's Baked Beans
*Salad Bar

8

Two for Tuesday

Chicken Sliders on
Whole Grain Buns
Curly Fries
*Salad Bar

9

Wild Wednesday

Wild Mike's Pepperoni
Or Cheese Whole
Grain Pizza
*Salad Bar

10

Stew-day

Beef Stew in a
Whole grain Bread bowl

*Salad Bar

11

Fajita Friday

Chicken Fajita's
Soft Flour Tortilla
Seasoned Brown Rice
*Salad Bar

14

Meatless Monday

Toasted Cheese on Whole
grain bread
Tomato Soup
*Salad Bar

15

Tuesday Tots

Popcorn Chicken
Tater tots
*Salad Bar

16

Roll-up Wednesday

Lasagna Roll-ups
Marinara
Whole Grain Garlic Toast
*Salad Bar

17

Pizza Day

Cheese Pizza on
Whole Grain Crust

*Salad Bar

18

Café Classic

Shepherd's Pie
Whole Grain Roll
*Salad Bar

21



Try it Tuesday

Chicken & Garlic
Whole Grain noodles
*Salad Bar

22

Pizza Day

Cheese Pizza on
Whole Grain Crust

*Salad Bar

24

Thursday Thaw

Corn Chowder
Whole Grain Biscuit

*Salad Bar

25

Friday Favorites

Cheeseburgers on
Whole Grain Bun
Fries
*Salad Bar

28

Eggies & Toast

Scrambled Eggs
Turkey Sausage
Whole Grain toast
*Salad Bar

29

Taco Tuesday

Beef or Bean Taco
Whole Grain Corn Taco
Boat
*Salad Bar

30

Grab & Go

Turkey & Cheese sub
Whole grain roll
Smartfood Popcorn
*Salad Bar
Early Release

31

Pizza Day

Cheese Pizza on
Whole Grain Crust

*Salad Bar

Lunch Menu includes minimum of an Entrée, Whole Grain, Fruit, Veg, and Milk (low fat regular and fat free flavored). Students **must take a fruit or vegetable** to be in compliance with National School Lunch Program. *Salad Bar is included with lunch and offers different items daily, which include fruits and vegetables as well as mixed salads, and items to go with daily menu. **Menus are subject to change**

"This institution is an equal opportunity provider"



PAY FOR MEALS ONLINE
MySchoolBucks.com



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Mini Pancakes</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Homemade Whole Grain Muffin</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Donut</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Breakfast Bun</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Cinnamon Roll</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>
<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Mini French Toast</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Breakfast Pizza</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Donut</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Pancake Wrapped Sausage on a stick</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Cocoa Bread</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>

Breakfast options are available every day, the student must take 3 items a day (with one being fruit) to count for a reimbursable meal.. Menus are subject to change. "This institution is an equal opportunity provider"