



EASTHAMPTON ELEMENTARY SCHOOLS: January 2019 MENU

Lunch \$2.65

Monday	Tuesday	Wednesday	Thursday	Friday
No School Winter Break	No School New Year's Day	1 Chicken Patty Sandwich French Fries Green Beans	2 Burger or Cheeseburger Baked Potato Wedges Steamed Carrots	3 PIZZA!! Colorful Tossed Salad Sweet Green Peas
7 Chicken Nuggets Brown Rice, Baby Carrots Whole Grain Bread Stick	8 Hot Dog Baked Potato Wedges Sweet Corn	9 French Toast Sticks Sausage Patty, Tater Tots Blueberries	10 Meatball Grinder Goldfish Crackers Cucumber Slices	11 Classic Cheese Pizza Colorful Tossed Salad Steamed Broccoli
14 Popcorn Chicken Brown Rice, Peas Whole Grain Dinner Roll	15 Pasta w/ Meat Sauce Green Beans Whole Grain Bread Stick	16 Tasty Toasted Cheese Sandwich Soup Cucumber Slices	17 Chicken Tenders Mashed Potatoes Peas & Carrots	18 PIZZA!! Colorful Tossed Salad Sweet Corn
21 No School Martin Luther King Jr Birthday Observed	22 Chicken Nuggets Steamed Brown Rice Sweet Corn	23 Macaroni and Cheese Steamed Broccoli Whole Grain Dinner Roll	24-Jan Corn Dog Confetti Coleslaw Baked Potato Wedges	25-Jan Classic Cheese Pizza Colorful Tossed Salad Sweet Green Peas
28 No School Professional Development Semester Change	29 Chicken Patty Sandwich Baked French Fries Sweet Corn	30 French Toast Sticks Tater Puffs Sausage Patty	31-Jan Burger or Cheeseburger Waffle Fries Steamed Carrots	1-Feb PIZZA!! Colorful Toassed Salad Steamed Broccoli
Choose With Any Meal!				
Fresh Cherry Tomatoes Cucumbers Assorted Fresh Fruit Assorted Chilled Fruit	Celery Sticks Corn and Black Bean Salsa Assorted Fresh Fruit Assorted Chilled Fruit	Sliced Cucumbers Carrot Sticks Assorted Fresh Fruit Assorted Chilled Fruit	Fresh Baby Carrots Sliced Cucumbers Assorted Fresh Fruit Assorted Chilled Fruit	Carrot Sticks Sweet Green Peas Assorted Fresh Fruit Assorted Chilled Fruit
Weekly Alternate Meals				
Blueberry Muffin & Goldfish Fun Lunch w/Yogurt Crush Cup, String Cheese	Cereal Fun Lunch: Golden Grahams or Cheerios w/Yogurt Crush Cup, String Cheese	Fresh Garden Salad with Cheese Whole Grain Roll Fresh Fruit	Cold Nachos Fun Lunch: Crispy Tortilla Shell Rounds w/ Shredded Cheddar, Salsa	Blueberry Muffin & Goldfish Fun Lunch w/Yogurt Crush Cup, String Cheese
<p>Monthly Food Focus- January Food Focus is Citrus!*** Did you know? An 8 ounce glass of orange juice contains more calcium than a glass of cow's milk? (350 mg vs 300!) Secondary: A full student lunch includes a choice of entrée supplying protein and grain, vegetable side dishes and fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.</p>				

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