




## Early Childhood (Pre-K) Lunch Menu

## January 2012

The cost of a paid student meal is **\$1.35**. Per the **Healthy Schools Act**, there is **no charge for reduced meals**. Full student lunch includes choice of entrée (meat or meat alternate w/ grain/bread accompaniments), 1-2 vegetable side dishes, 1 fruit side dish, & choice of 1% or skim white milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>3</p> <p>Red Chili w/ Beef &amp; Kidney Beans, Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread</p> <p>Baked Sweet Potato Wedges</p> <p>Chilled Pineapple Cup</p>	<p>4</p> <p>Homemade Grilled Three-Cheese Sandwich on Whole Wheat Bread w/ Tomato Dipping Sauce</p> <p>Fresh Side Salad w/ Romaine &amp; Tomatoes, Low Fat Salad Dressing</p> <p>Fresh Pear</p>	<p>5</p> <p>All Natural Chicken Nuggets w/ BBQ Dipping Sauce Whole Wheat Dinner Roll</p> <p>Savory Baked Beans</p> <p>Fresh Orange Wedges</p>	<p>6</p> <p>Chicken &amp; Spinach Florentine Whole Wheat Flatbread</p> <p>Garlic Lemon Broccoli</p> <p>Locally Grown Apple</p>
<p>9</p> <p>Rotisserie-Style Bone-in Chicken</p> <p>Homemade Whole Grain Pumpkin Bread</p> <p>Seasoned Collard Greens</p> <p>Fresh Pear</p>	<p>10</p> <p>Crispy Panko Breaded Fish Sandwich on a Whole Wheat Roll w/ Romaine &amp; Homemade Tartar Sauce</p> <p>Seasoned Black Beans</p> <p>Chilled Pineapple Cup</p>	<p>11</p> <p>All Natural Beef Meatball Marinara w/ Whole Wheat Spaghetti &amp; Melted Mozzarella Cheese</p> <p>Fresh Carrot Sticks w/ Light Ranch Dressing</p> <p>Locally Grown Apple</p>	<p>12</p> <p>Homestyle Chicken &amp; Biscuits, Served w/ Peas &amp; Carrots in Chicken Gravy w/ a Whole Wheat Biscuit</p> <p>Seasoned Green Beans</p> <p>Chilled Peach Cup</p>	<p>13</p> <p>Fresh-Baked Homemade Cheese Pizza on Whole Wheat Crust</p> <p>Crunchy Spinach Salad</p> <p>Fresh Orange Wedges</p>
<p>16</p> <p><b>Happy Martin Luther King Day!</b></p>	<p>17</p> <p>All-Natural Chicken Hot Dog on a Whole Wheat Bun</p> <p>Fresh Side Salad w/ Romaine &amp; Tomatoes, Low Fat Salad Dressing Savory Baked Beans</p> <p>Locally Grown Apple</p>	<p>18</p> <p>Teriyaki Chicken &amp; Broccoli Stir-Fry Over Whole Wheat Noodles</p> <p>Stir-Fried Fresh Vegetables w/ Napa Cabbage &amp; Bok Choy</p> <p>Fresh Pear</p>	<p>19</p> <p>Homemade Cheese &amp; Spinach Lasagna</p> <p>Whole Wheat Dinner Roll</p> <p>Roasted Butternut Squash</p> <p>Chilled Pineapple Cup</p>	<p>20</p> <p>Cajun Seasoned Tilapia</p> <p>Broccoli &amp; Cheddar Brown Rice Pilaf</p> <p>Seasoned Green Beans</p> <p>Fresh Banana</p>
<p>23</p> <p>Whole Grain Cheese Ravioli w/ Zesty Tomato Sauce, Topped w/ Parmesan Cheese</p> <p>Caesar Romaine Salad w/ Parmesan Cheese &amp; Croutons</p> <p>Locally Grown Apple</p>	<p>24</p> <p>Cheddar Cheeseburger on a Whole Wheat Roll Romaine, Tomato, Ketchup &amp; Mustard for Sandwich Topping</p> <p>Fresh Carrot Sticks w/ Light Ranch Dressing</p> <p>Chilled Pineapple Cup</p>	<p>25</p> <p><b>Indonesian Day!</b> Curried Chicken</p> <p>Fragrant Brown Rice w/ Fresh Lemongrass</p> <p>Indonesian Steamed Vegetables</p> <p>Baked Sweet Plantains</p>	<p>26</p> <p>Crispy Fish Tacos w/ Green Chile Sauce in Whole Grain Flour Tortillas Shredded Red Cabbage &amp; Cilantro Lime Pico de Gallo for Taco Topping</p> <p>Seasoned Pinto Beans</p> <p>Fresh Orange Wedges</p>	<p>27</p> <p>BBQ Roasted Bone-In Chicken w/ Homemade Whole Grain Corn Bread</p> <p>Roasted Redskin Potatoes</p> <p>Chilled Peach Cup</p>
<p>30</p> <p>Grilled Chicken Sandwich on a Whole Wheat Bun w/ Romaine, Tomato, &amp; Honey Mustard Sauce</p> <p>Savory Baked Beans</p> <p>Chilled Pineapple Cup</p>	<p>31</p> <p>Red Chili w/ Beef &amp; Kidney Beans, Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread</p> <p>Roma Herb Baked Potato Wedges</p> <p>Fresh Pear</p>	<p><i>Choose one of these resolutions to make good nutrition a part of the new year!</i></p> <ol style="list-style-type: none"> <li>1. Eat more of the good fats: fish, nuts, seeds and vegetable oils are all high in unsaturated fats, which can help lower cholesterol! Vow to eat fish at least once per week.</li> <li>2. Eat more orange and dark green vegetables: bright orange and dark green vegetables like squash and broccoli are packed with essential vitamins – vow to eat at least one orange or dark green vegetable per day!</li> <li>3. Choose whole grains: whole grains have more fiber and vitamins than processed white grains – vow to eat at least 2 different whole grains per day!</li> </ol>		