




Education Center (K-8) Lunch Menu

January 2012

The cost of a paid student meal for students in grades K-5 is \$1.35, for grades 6-8 meal cost is \$1.60. 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 milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>3</p> <p>Red Chili w/ Beef & Kidney Beans, Topped w/ Shredded Cheddar Cheese</p> <p>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 & Tomatoes, Low Fat Salad Dressing</p> <p>Fresh Pear</p>	<p>5</p> <p>All Natural Chicken Nuggets w/ BBQ Dipping Sauce</p> <p>Whole Wheat Dinner Roll</p> <p>Fresh Carrot Sticks w/ Light Ranch Dressing</p> <p>Savory Baked Beans</p> <p>Fresh Orange Wedges</p>	<p>6</p> <p>Chicken & Spinach Florentine</p> <p>Whole Wheat Flatbread</p> <p>Garlic Lemon Broccoli</p> <p>Roasted Corn & Carrots</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 & Homemade Tartar Sauce</p> <p>Seasoned Black Beans</p> <p>Roma Herb Baked Potato Wedges</p> <p>Chilled Pineapple Cup</p>	<p>11</p> <p>All Natural Beef Meatball Marinara w/ Whole Wheat Spaghetti & Melted Mozzarella Cheese</p> <p>Fresh Carrot Sticks w/ Light Ranch Dressing</p> <p>Seasoned Green Beans</p> <p>Locally Grown Apple</p>	<p>12</p> <p>Homestyle Chicken & Biscuits, Served w/ Peas & Carrots in Chicken Gravy w/ a Whole Wheat Biscuit</p> <p>Garlic & Herb Vegetable Medley</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>Roasted Cauliflower</p> <p>Fresh Orange Wedges</p>
<p>16</p> <p>Happy Martin Luther King Day!</p>	<p>17</p> <p>All-Natural Chicken Hot Dog on a Whole Wheat Bun</p> <p>Fresh Side Salad w/ Romaine & Tomatoes, Low Fat Salad Dressing</p> <p>Savory Baked Beans</p> <p>Locally Grown Apple</p>	<p>18</p> <p>Teriyaki Chicken & Broccoli Stir-Fry Over Whole Wheat Noodles</p> <p>Stir-Fried Fresh Vegetables w/ Napa Cabbage & Bok Choy</p> <p>Fresh Pear</p>	<p>19</p> <p>Homemade Cheese & 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 & Cheddar Brown Rice Pilaf</p> <p>Garlicky Kale</p> <p>Fresh Banana</p>
<p>23</p> <p>Whole Grain Cheese Ravioli w/ Zesty Tomato Sauce, Topped w/ Parmesan Cheese</p> <p>Seasoned Green Beans</p> <p>Caesar Romaine Salad w/ Parmesan Cheese & Croutons</p> <p>Locally Grown Apple</p>	<p>24</p> <p>Charbroiled Beef & Cheddar Cheeseburger (or Plain Burger) on a Whole Wheat Roll</p> <p>Romaine, Tomato, Ketchup & Mustard for Sandwich Topping</p> <p>Fresh Carrot Sticks w/ Light Ranch Dressing</p> <p>Chilled Pineapple Cup</p>	<p>25</p> <p>Indonesian Day!</p> <p>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</p> <p>Shredded Red Cabbage & Cilantro</p> <p>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 Garlic Lemon Broccoli</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, & Honey Mustard Sauce</p> <p>Roasted Corn & Carrots</p> <p>Savory Baked Beans</p> <p>Chilled Pineapple Cup</p>	<p>31</p> <p>Red Chili w/ Beef & Kidney Beans, Topped w/ Shredded Cheddar Cheese</p> <p>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"> 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. 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! 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! 		
<p>Alternate Hot Sandwich Choices (for Grades 6-8)</p> <p>Available Daily: Southwest Whole Wheat Cheese Quesadilla Served w/ Salsa & Daily Vegetables</p>				
<p>Mondays:</p> <p>Southwest Turkey Burger w/ Cheddar Cheese & Ancho Chili Sauce on a Whole Wheat Bun w/ Romaine & Tomato</p>	<p>Tuesdays:</p> <p>Spicy Buffalo Chicken Whole Wheat Wrap</p>	<p>Wednesdays:</p> <p>Panko-Breaded Fish Sandwich on a Whole Wheat Bun w/ House-Made Tartar Sauce & Romaine Lettuce</p>	<p>Thursdays:</p> <p>Grilled Chicken Sandwich on a Whole Wheat Bun w/ Ancho Chili Sauce, Romaine & Tomato</p>	<p>Fridays:</p> <p>Charbroiled Beef & Cheddar Cheeseburger on a Whole Wheat Roll w/ Romaine & Tomato</p>
<p>Alternate Cold Menu Choices</p> <p>Available Daily: Romaine & Tomato Garden Salad w/ Cheese & Light Salad Dressing, Whole Wheat Roll</p>				
<p>Mondays:</p> <p>Turkey Ham & Cheddar Sandwich on Whole Wheat Bread w/ Carrot Sticks & Light Salad Dressing</p>	<p>Tuesdays:</p> <p>Grilled Chicken Caesar Salad w/ Romaine Lettuce, Whole Wheat Dinner Roll, Light Salad Dressing</p>	<p>Wednesdays:</p> <p>Grilled Chicken Rotini Pasta Salad w/ Broccoli, Tomatoes, Carrots, Onion, w/ Light Italian Dressing</p>	<p>Thursdays:</p> <p>Turkey & Provolone Cheese Sandwich on a Whole Wheat Hoagie Roll w/ Cucumber Slices & Light Salad Dressing</p>	<p>Fridays:</p> <p>Cobb Salad w/ Diced Turkey Ham, Hard Boiled Egg, Cheddar Cheese, Fresh Veggies, Whole Wheat Dinner Roll, Light Salad Dressing</p>