




Lexington Elementary Schools- January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Student Full Meal Price \$3.25, Reduced Meal Price \$0.40, Adult Meal Price \$4.25 All Meals Come with Fruit & Vegetable Side Dishes and Choice of Milk: 1% and Skim Plain White & Fat Free Chocolate All Grains Offered Are Whole Grains</p>	<p>3</p> <p>Chicken Bowl Crispy Chicken Mashed Potatoes Green Beans Gravy Served in a Bowl Sliced Pears Cheese or Pepperoni Whole Wheat French Bread Pizza</p>	<p>4</p> <p>Twin Turkey Dogs on Wheat Rolls Served with Oven Roasted Red Bliss Potatoes Mixed Fruit Whole Wheat Pasta w/ Meatballs, Hot Veggie, Apple Slices & Low Fat Milk</p>	<p>5</p> <p>Early Dismissal Half day-No Lunch</p>	<p>6</p> <p>Galaxy Pizza Individual Soy Crust Pizza Roasted Carrot Sticks Marinated Bean Medley Romaine Salad with Croutons Fresh Blueberries Chicken Patty on a Whole Grain Bun Tossed Romaine Salad, Fresh Blueberries & Low Fat Milk</p>
<p>Weekly Alternate:</p> <p>(1) Chicken Caesar Salad & Whole Wheat Dinner Roll (2) Flatbread Cheese Sandwich Toasted, Side Salad, Fruit & Milk; (3) Bagel Fun Lunch: Bagel & Cream Cheese, Yogurt, Carrots, Orange Smiles, Milk</p>				
<p>9</p> <p>Nacho Beef Pasta Bake Mexican Red Rice Hot Veggie Mixed Fruit Yogurt Parfait Chicken Nuggets, Fresh Carrot Sticks, Whole Wheat Dinner Roll, Chocolate Pudding, Low Fat Milk</p>	<p>10</p> <p>Philly Cheese "Steak" With Onions & Peppers on a Whole Grain Roll Tater Tots & Hot Veggie Cheese or Pepperoni Whole Wheat French Bread Pizza</p>	<p>11</p> <p>Sweet & Sour Chicken Over Brown Rice With Asian Vegetables Fortune Cookie Whole Wheat Pasta w/ Meatballs, Hot Veggie, Apple Slices & Low Fat Milk</p>	<p>12</p> <p>Early Dismissal Half day-No Lunch  Please visit www.choosemyplate.gov for healthy nutrition tips for kids.</p>	<p>13</p> <p>Whole Wheat Square Pizza Green Beans Marinated Tomato, Cucumber and Cheese Salad Chilled Fruit Chicken Patty on a whole Grain Bun, Tossed Romaine Salad, Orange Smiles & Low Fat Milk</p>
<p>Weekly Alternate:</p> <p>(1) Garden Salad with Cheese & Whole Wheat Dinner Roll (2) Flatbread Cheese Sandwich Toasted, Side Salad, Fruit & Milk; (3) Bagel Fun Lunch: Bagel & Cream Cheese, Yogurt, Carrots, Orange Smiles, Milk</p>				
<p>16</p> <p>Martin Luther King Day Holiday No School</p>	<p>17</p> <p>Breakfast Whole Wheat Pancakes/French Toast Syrup or Hot Cinnamon Apples Turkey Sausage Seasoned Roasted Red Bliss Potato With Onions Fresh Orange Smiles Cheese or Pepperoni Whole Wheat French Bread Pizza</p>	<p>18</p> <p>Chicken Noodle Soup w/ Whole Wheat Toasted Cheese Green Beans Whole Wheat Pasta w/ Meatballs, Hot Veggie, Apple Slices & Low Fat Milk</p>	<p>19</p> <p>Early Dismissal Half day-No Lunch</p>	<p>20</p> <p>Galaxy Pizza Corn Spinach Salad with Mandarin Oranges and Italian Dressing Blueberry Cake Chicken Patty on a whole Grain Bun, Tossed Romaine Salad, Orange Smiles & Low Fat Milk</p>
<p>Weekly Alternate:</p> <p>(1) Chef Salad w/ Cheese, Ham, Turkey and Dinner Roll (2) Flatbread Cheese Sandwich Toasted, Side Salad, Fruit & Milk; (3) Bagel Fun Lunch: Bagel & Cream Cheese, Yogurt, Carrots, Orange Smiles, Milk</p>				
<p>23</p> <p>Chicken Parm Hot Veggie of the Day Margherita Flatbread Shaker Salad Warm Apple Cranberry Crisp Chicken Nuggets, Fresh Carrot Sticks, Whole Wheat Dinner Roll, Chocolate Pudding, Low Fat Milk</p>	<p>24</p> <p>Baked Mac and Cheese Casserole Steamed Fresh Broccoli Caesar Salad Blueberry Yogurt Parfait Cheese or Pepperoni Whole Wheat French Bread Pizza</p>	<p>25</p> <p>Chicken Enchiladas Fiesta Rice Hot Veggie Frosted Chocolate Cake with Sprinkles Whole Wheat Pasta w/ Meatballs, Hot Veggie, Apple Slices & Low Fat Milk</p>	<p>26</p> <p>Early Dismissal Half day-No Lunch</p>	<p>27</p> <p>Whole Wheat Square Pizza Carrot Coins Fresh Tossed Caesar Salad Strawberry Yogurt Parfait Chicken Patty on a whole Grain Bun, Tossed Romaine Salad, Orange Smiles & Low Fat Milk</p>
<p>Weekly Alternate:</p> <p>(1) Chicken Caesar Salad (2) Flatbread Cheese Sandwich Toasted, Side Salad, Fruit & Milk; (3) Bagel Fun Lunch: Bagel & Cream Cheese, Yogurt, Carrots, Orange Smiles, Milk</p>				
<p>30</p> <p>American Chop Suey Seasoned Ground Beef mixed with Whole Wheat Macaroni Diced Tomatoes, Onions & Peppers Seasoned Mixed Veggies Cheesy Garlic Bread Mixed Fruit Yogurt Parfait Chicken Nuggets, Fresh Carrot Sticks, Whole Wheat Dinner Roll, Chocolate Pudding, Low Fat Milk</p>	<p>31</p> <p>Meatloaf Mashed Potato & Gravy Spinach & Crouton Salad Whole Wheat Dinner Roll Cheese or Pepperoni Whole Wheat French Bread Pizza</p>	<p>Vegetarian Options Served Everyday!</p> <p>Vegetarian Alternate: <u>Monday</u>- Cheese Stuffed Shells served with a Dinner Roll; <u>Tuesday</u>- Veggie Stir Fry with Rice and served with 2 Cheese Sticks; <u>Wednesday</u>- Eggplant Parmesan on a Wheat Sub Roll; <u>Friday</u>- Veggie Burger on a Whole Grain Roll</p> <ul style="list-style-type: none"> • Flatbread Grilled Cheese: Flatbread Cheese Sandwich Toasted, Side Salad, Fruit & Milk • Bagel Fun Lunch: Bagel & Cream Cheese, Yogurt, Carrots, Orange Smiles & Milk 		
<p>Weekly Alternate:</p> <p>(1) Chicken Caesar Salad (2) Flatbread Cheese Sandwich Toasted, Side Salad, Fruit & Milk; (3) Bagel Fun Lunch: Bagel & Cream Cheese, Yogurt, Carrots, Orange Smiles, Milk</p>				

