

Whiteford Elementary

January 2017

Lunch Menu

Food Service Director: Megan Merchaca, MS, RD, CD
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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price:

- Choice of Meat or Meat Alternate
 - Choice of Vegetable, Choice of Fruit*
 - Choice of Grain/Bread,
 - and Choice of Milk
- *Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily



- *Vegetables may include:
 Broccoli Florets
 Carrots
 Leafy Green Salads
 Legume Salads
 Celery & Cucumber
 *May choose two 1/2 cup servings cup
- *Fruits may include:
 Crisp Apple
 Sliced Peaches
 Mixed Fruit
 Fresh Orange
 Banana
 Pineapple Tidbits
 Diced Pears
 Applesauce
 *May choose 1/2 cup serving
- Fresh Produce from Local Farms based on crop availability



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
 Fat Free White and Low Fat White

Lunch Prices:
 Paid \$2.50
 Reduced \$.40
 Milk \$.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Last Day of Winter Break School Resumes Jan. 3 HAPPY NEW YEAR 2017	3 Mac & Cheese w/ Fresh Roll Sweet Peas Diced Pears Choice of Milk	4 Mini Corn Puppies Sweet Potato Fries Pineapple Tidbits Choice of Milk	5 Sloppy Joe on Bun Potato Wedges Cinnamon Applesauce Choice of Milk	6 Pizza Friday Homemade Cheese Pizza Fresh Broccoli Mandarin Oranges Choice of Milk
9 Bosco Sticks w/ Marinara Sauce Green Beans Chilled Applesauce Choice of Milk	10 Beefy & Cheese Nachos Mexican Rice Refried Beans w/ Cheese Fresh Orange Choice of Milk	11 Corn Dogs Broccoli Trees Diced Peaches Choice of Milk	12 Half-Day Exams No Lunch Join us for Breakfast	13 Half-Day Exams No Lunch Join us for Breakfast
16 MLK Jr. DAY No School	17 BBQ Chicken on Bun Mixed Veggies Creamy Coleslaw Pineapple Tidbits Choice of Milk	18 Beefy & Cheese Nachos Sweet Corn Nibblers Refried Beans Mandarin Oranges Choice of Milk	19 Homestyle Chicken Fingers w/ Roll Steamed Broccoli Diced Pears Choice of Milk	20 Pizza Friday Homemade Cheese Pizza Carrot Sticks Fresh Apple Choice of Milk
23 Chicken Alfredo w/ bread Steamed Broccoli Fresh Orange Slices Choice of Milk	24 Hot Ham & Cheese Sandwich w/ Soup Baked Tater Tots Diced Peaches Choice of Milk	25 Wellness Wednesday Hot Dogs on Bun Baked Beans Creamy Coleslaw Chilled Applesauce Choice of Milk	26 Grilled Cheese Pocket Green Beans Pineapple Tidbits Choice of Milk	27 Bosco Sticks w/ Marinara Celery Sticks Fresh Apple Choice of Milk
30 Chinese New Year!!! Year of the Rooster Sweet n Sour Chicken over Rice Steamed Broccoli Prickly Pears *Fortune Cookie	31 Turkey & Noodles Buttery Corn Cinnamon Applesauce Choice of Milk			Whole Grains Available Daily
Monday Second Entrée Option: Mini Corn Dogs Brownie \$1	Tuesday Second Entrée Option: Hamburger/Cheeseburger Chips \$.75	Wednesday Second Entrée Option: Chicken Nuggets w/ Roll Disney's Frozen Grahams \$4	Thursday Second Entrée Option: Chicken Patty on Bun Chips \$.75	Friday Second Entrée Option: Turkey & Cheese Wrap Fruit Snack \$.50

