

SAES JAN 2009 Lunch Menu/5 Day Schedule

Sure Start – 1st Grades

Monday	Tuesday	Wednesday	Thursday	Friday
5. Teriyaki Chicken Dippers Chicken Rice Steamed Broccoli & Carrots Chilled Pineapples Milk W1D5	6. Whole Grain Cheese Pizza Oven Baked Potato Wedges Garden Side Salad Chilled Peaches Milk W2D1	7. Chicken Alfredo w/ Pasta Cauliflower & Carrots Chilled Pears Cinnamon Toast Milk W2D2	8. Baked Cheese Pizza Dippers Fresh Carrot Sticks w/ FF Dip Apple Quarters Milk W2D3	9. Popcorn Chicken Mac & Cheese Garden Side Salad Fruit Cup Bread Stick Milk W2D4
12. BBQ Riblets Broccoli Applesauce Whole Wheat Roll Milk W2D5	13. Cheeseburger on WG Bun Fresh Carrots & Celery w/ FF Dip Chilled Pears Milk W1D1	14. Cheese Omelet French Toast Sticks Baked Tater Tots Banana Milk W1D2	15. Ham & Cheese on Whole Wheat Oven Baked Potato Wedges Fruit cup Milk W1D3	16. Ravioli Garden Side Salad Chilled Peaches Whole Grain Roll Milk W1D4
19. NO SCHOOL Martin Luther King Jr. Day	20. Whole Grain Pepperoni Pizza Seasoned Corn Garden Side Salad Fruit Cup Milk W1D5	21. Chicken Quesadilla Carrots, Broccoli & Cauliflower Chilled Pears Blueberry Muffin Milk W2D1	22. Spaghetti w/ Meat Sauce Green Beans Chilled Fruit Cocktail Garlic Toast Milk W2D2	23. NO SCHOOL Teacher Records Day – End of 2 nd Quarter
26. NO SCHOOL Lunar New Year Teacher In-Service	27. Baked Chicken Tenders w/ Roll Oven Baked Potato Wedges Chilled Peaches Garden Side Salad Milk W2D3	28. Ham & Cheese on Whole Wheat Cauliflower & Carrots Chilled Pears Milk W2D4	29. Baked Cheese Pizza Dippers Fresh Carrot Sticks w/ FF Dip Apple Quarters Goldfish Pretzels Milk W2D5	30. Cheeseburger Mac Garden Side Salad Fresh Fruit Cup Dolphin Crackers Milk W1D1

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WW=Whole Wheat; WG= Whole Grain; FF=Fat Free; RF=Reduced Fat; LF= Low Fat

LUNCH OPTIONS: Menus are worldwide menus. A complete lunch includes one entrée, two different fruits and/or vegetables, grain and choice of milk. Under “offer versus serve”, students must take at least three of these components for a USDA meal. Students can only purchase one USDA lunch per day. Additional entrees can be purchased for \$.75. See local school cafeteria for other lunch alternatives.

SAES JAN 2009 Lunch Menu/5 Day Schedule

2nd – 5th Grades

Monday	Tuesday	Wednesday	Thursday	Friday
5. Teriyaki Chicken Dippers OR Orange ginger chicken w/ veggies Chicken Rice Steamed Broccoli & Carrots Chilled Pineapples Milk W1D5	6. WG Cheese Pizza OR Baked chicken tenders Oven Baked Potato Wedges Garden Side Salad Chilled Peaches Milk W2D1	7. Chicken Alfredo w/ Pasta OR Ham and Cheese Sandwich Cauliflower & Carrots Chilled Pears Cinnamon Toast Milk W2D2	8. Baked Cheese Pizza Dippers OR Yogurt & ½ grilled cheese Fresh Carrot Sticks w/ FF Dip Apple Quarters Milk W2D3	9. Popcorn Chicken OR Chef Salad Mac & Cheese Garden Side Salad Fruit Cup Bread Stick Milk W2D4
12. BBQ Riblets OR Baked Chicken Drumsticks Broccoli Applesauce Whole Wheat Roll Milk W2D5	13. Cheeseburger on WG Bun OR Cheese Pizza Fresh Carrots & Celery w/ FF Dip Chilled Pears Milk W1D1	14. Cheese Omelet OR Turkey Sausage French Toast Sticks Baked Tater Tots Banana Milk W1D2	15. Ham & Cheese on WW OR Hamburger Oven Baked Potato Wedges Fruit cup Milk W1D3	16. Ravioli OR Baked chicken corn dog Garden Side Salad Chilled Peaches Whole Grain Roll Milk W1D4
19. NO SCHOOL Martin Luther King Jr. Day	20. WG Pepperoni Pizza OR Grilled turkey and cheese Seasoned Corn Garden Side Salad Fruit Cup Milk W1D5	21. Chicken Quesadilla OR Soft Taco with cheese Carrots, Broccoli & Cauliflower Chilled Pears Blueberry Muffin Milk W2D1	22. Spaghetti w/ Meat Sauce OR Chef Salad Green Beans Chilled Fruit Cocktail Garlic Toast Milk W2D2	23. NO SCHOOL Teacher Records Day – End of 2 nd Quarter
26. NO SCHOOL Lunar New Year Teacher In-Service	27. Baked Chicken Tenders w/ Roll OR Cheese Pizza Oven Baked Potato Wedges Chilled Peaches Garden Side Salad Milk W2D3	28. Ham & Cheese on WW OR Chicken Alfredo with pasta Cauliflower & Carrots Chilled Pears Milk W2D4	29. Baked Cheese Pizza Dippers OR Yogurt & ½ grilled cheese Fresh Carrot Sticks w/ FF Dip Apple Quarters Goldfish Pretzels Milk W2D5	30. Cheeseburger Mac OR Chef Salad Garden Side Salad Fresh Fruit Cup Dolphin Crackers Milk W1D1

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