








Elementary Lunch Menu January 2020

Student Lunch \$2.80 ** Reduced Price \$0.40 ** Adult \$4.00

Research suggests that the food we eat affects our mental well-being. To help students identify the foods that can make them feel their best, Chartwells has launched a new program.. **Mood Boost!** Throughout the next few weeks, You will get introduced to the "**Moodies**" and learn the foods that can help make you feel : Strong, Alert, Happy, Calm, Smart and Confident!

All of our offerings contain zero grams of artificial trans fat.

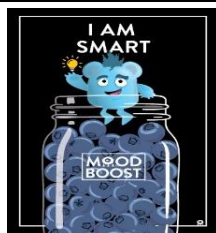
Monday	Tuesday	Wednesday	Thursday	Friday
		1-Jan No School New Years Day!	2-Jan No School Christmas Break	3-Jan No School Christmas Break
6-Jan Cheese Burger Boston Baked Beans Fruit and Vegetable Bar Assorted Milk	7-Jan French Toast Sticks w/ Maple Syrup Sausage Patty & Baked Apple Slices Fruit and Vegetable Bar Assorted Milk	8-Jan Grilled Cheese Sandwich Tomato Soup Fruit and Vegetable Bar Assorted Milk	9-Jan Booklyn Style Pepperoni Pizza Roasted Cinnamon Pineapple Fruit and Vegetable Bar Assorted Milk 	10-Jan Cheese Quesadilla Seasoned Corn Fruit and Vegetable Bar Assorted Milk
13-Jan Lucky Tray Day! Soft Beef Taco Sweet Potato Fries Fruit and Vegetable Bar Assorted Milk	14-Jan Pancake Day! Pancakes w/Maple Syrup Sausage Patty Scrambled Eggs, Baked Apple Slices Fruit and Vegetable Bar Assorted Milk	15-Jan Macaroni & Cheese Savory Green Beans & Dinner Roll Fruit and Vegetable Bar Assorted Milk	16-Jan Homemade Cheese Pizza Seasoned Corn Fruit and Vegetable Bar Assorted Milk	17-Jan BBQ Pulled Pork Sandwich <i>Carolina Slaw</i> Assorted Milk 
20-Jan  No School Martin Luther King Day	21-Jan Lucky Tray Day! Soft Beef Taco Seasoned carrots Fruit and Vegetable Bar Assorted Milk	22-Jan Spaghetti & Meatballs Savory Green Beans & Dinner Roll Fruit and Vegetable Bar Assorted Milk	23-Jan <i>Chicago Style Hot Dog</i> Baked French Fries Fruit and Vegetable Bar Assorted Milk 	24-Jan No School Professional Work Day
27-Jan Sloppy Joes Baked Tater Tots Fruit and Vegetable Bar Assorted Milk	28-Jan BBQ Chicken Served w/ <i>Ancho Chile</i> <i>Mashed Potatoes</i> , Dinner roll & cinnamon glazed carrots Fruit and Vegetable Bar Assorted Milk 	29-Jan Cheese Filled Bread Stick Southwest Cheesy Chicken Tomato Soup Fruit and Vegetable Bar Assorted Milk	30-Jan Parfait: Vanilla Yogurt, Homemade Granola & Fruit Fruit and Vegetable Bar Assorted Milk	31-Jan Chicken Burger Seasoned Corn Fruit and Vegetable Bar Assorted Milk

A full student lunch includes a choice of entrée supplying protein and whole grain, up to three (3) vegetable side dishes, one (1) fruit side dish, and milk. Milk choices include 1% white and skim chocolate. A cold vegetable and fruit bar is available daily on which we feature a variety of vegetables and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices. We also offer at least one hot vegetable daily on our serving line.

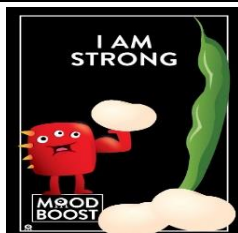
Mondays Alt Entrées	Tuesdays Alt Entrées	Wednesdays Alt Entrées	Thursdays Alt Entrées	Fridays Alt Entrées
Corn Dog Tuna Sub	Cheese Pizza Deli Sandwich	Chicken Nuggets Fun Lunch: Cereal & Yogurt Fun Lunch	Beef Nachos with Cheese Sauce Chef Salad w/Fish Crackers	Hot Dog Deli Sandwich

Daily Fruit and Vegetable Bar Offerings

Tossed Salad Fresh Baby Carrots Power Peas Fresh Fruit Chilled Fruit	Romaine & Spinach Salad Broccoli Florets Roasted Garbanzo Beans Fresh Fruit Chilled Fruit	Tossed Salad Fresh Baby Carrots Corn Salad with Ranch Fresh Fruit Chilled Fruit	Romaine & Spinach Salad Broccoli Florets Fresh Fruit Chilled Fruit	Tossed Salad Fresh Baby Carrots Cucumber Apple Salad Fresh Fruit Chilled Fruit
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Eating foods like
Blueberries,
Beans, Brown
Rice, Oranges &
Spinach Give your
brain a Boost!



Eat Beans, Oats,
Meat, Potatoes,
Zucchini and
Pineapple to help
you be strong!

This
Institution is an equal
opportunity provider.

View your menu online at:
lakeland272.nutrislice.com

