

# Elementary Lunch Menu January 2012

**Food Focus of the Month: Brown Rice**

All meals are offered with 1% white, non-fat white or non-fat chocolate milk and our daily salad bar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Happy New Year</b>	3 <b>Baked Macaroni &amp; Cheese With Roll</b> (Macaroni Noodles with Creamy Cheddar Cheese) Hot Vegetables Salad Bar-Pears & Broccoli Choice of Milk	4 <b>Idaho Haystack</b> (Oven Baked Idaho Potato With Chili, Cheese, Salsa and Sour Cream) Hot Vegetables Salad Bar-Bananas & Celery Choice of Milk	5 <b>Oven Roasted Crispy Chicken with Mashed Potatoes and Gravy</b> Hot Vegetables Salad Bar-Orange-Cauliflower Choice of Milk	6 <b>House Made Pepperoni Pizza</b> (with Fresh herbs and sauce and Crackers) Hot Vegetables Salad Bar-Apples & Carrots Choice of Milk
	9 <b>Chicken Teriyaki With Brown Rice</b> (Tender Marinated Chicken With Whole Grain Rice) Baked Vegetables Salad Bar-Peaches & Carrots Choice of Milk	10 <b>Vegetable Lasagna With Bigwood Wheat Roll</b> (Fresh Herbed Tomato Sauce with Mozzarella Cheese) Hot Vegetables Salad Bar-Pears & Broccoli Choice of Milk	11 <b>Wet Burrito</b> (Beef and Bean Burrito With Enchilada Sauce Topped with Cheddar Cheese) Hot Vegetables Salad Bar-Bananas & Celery Choice of Milk	12 Lucky Tray Day <b>Slow Roasted Pulled BBQ Turkey</b> (Bigwood Wheat Bun With French Fries) Hot Vegetables Salad Bar-Orange-Cauliflower Choice of Milk
<b>Martin Luther King Jr. Day No School</b>	17 <b>Baked Ziti with Roll</b> (Whole Wheat Pasta with Marinara Sauce, shredded Cheese and Chopped Garlic) Hot Vegetables Salad Bar-Pears & Broccoli Choice of Milk	18 <b>Chicken Pot Pie</b> (Chicken with Mixed Veggies in a Creamy Alfredo Sauce topped with a Biscuit) Hot Vegetables Salad Bar-Bananas & Celery Choice of Milk	19 <b>Spaghetti with Meat Sauce and a Roll</b> (Wheat Spaghetti with Sautéed Ground Beef and Sauce) Hot Vegetables Salad Bar-Orange-Cauliflower Choice of Milk	20 <b>House Made Pepperoni Pizza</b> (with Fresh herbs and sauce and Crackers) Hot Vegetables Salad Bar-Apples & Carrots Choice of Milk
	23 <b>Baked Chicken Patty With Idaho Fries</b> (Baked Chicken with whole Grain BigWood Bread Bun) Hot Vegetables Salad Bar-Peaches & Carrots Choice of Milk	24 <b>French Toast with Hash brown Patty</b> (Baked Cinnamon French Toast with Hash browns) Hot Vegetables Salad Bar-Pears & Broccoli Choice of Milk	25 <b>Roast Pork With Potatoes, Carrots And Onions</b> Bigwood Wheat Roll Hot Vegetables Salad Bar-Bananas & Celery Choice of Milk	26 Lucky Tray Day <b>Turkey Carnitas</b> (Shredded Turkey on Tortillas with Cheese Salsa and Lettuce) Refried Beans Hot Vegetables Salad Bar-Orange-Cauliflower Choice of Milk
30 <b>Mandarin Orange Chicken</b> (Baked Orange Chicken with Chow Mein Noodles Served over White Rice) Hot Vegetables Salad Bar-Peaches & Carrots Choice of Milk	31 <b>Baked Alaska Fish Sticks With Rice Pilaf</b> (with Lemon Wedge And Tartar Sauce) Hot Vegetables Salad Bar-Pears & Broccoli Choice of Milk			

**Alternate Lunches**

<b>Monday Fresh Sandwich:</b> <i>Chicken Salad Croissant</i> Diced Chicken Salad with Celery, Low Fat Mayonnaise And Spices on a Croissant <b>Monday Fresh Salad:</b> <i>Fresh Tossed Chef Salad</i>	<b>Tuesday Fresh Salad:</b> <i>Chicken Fajita Salad</i> Fresh Tossed Salad Mix With Chicken, Tomatoes and Cheese in a Tortilla Bowl <b>Tuesday Fresh Sandwich:</b> <i>Ham and Cheese Sandwich</i>	<b>Wednesday Grab &amp; Go Lunch:</b> <i>Whl Wheat Bagel with Jelly</i> Cream Cheese, Baby Carrots Fresh Apple, String Cheese And Low Fat Milk <b>Wednesday Fresh Salad:</b> <i>Hand Tossed Caesar Salad</i>	<b>Thursday Fresh Salad:</b> <i>Tuna Salad Platter</i> Fresh Tossed Salad Mix With Carrots, Tomato Wedges Tuna Salad, Cheese & Saltines <b>Thursday Fresh Salad:</b> <i>Ham and Turkey Sub Sandwich</i>	<b>Friday Grab &amp; Go Lunch:</b> <i>Kix's Cereal</i> String Cheese, Crackers Fresh Pear And Low Fat Milk <b>Friday Fresh Salad:</b> <i>Spinach Salad</i>
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**Menu Questions or Comments? Please contact Duane Sorensen, 208-578-5437**

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250. Food Service Provided by Chartwells School Dining Services. Menu subject to change without notice.

The "5 Star Salad Bar" offers a variety of fruits, vegetables, toppings and condiments to complement your meal. Assorted Cereals, Bagels, or Nutrigrain Bars will be offered daily as an alternate breakfast.

Milk, Juice and Fruit also included.

You may qualify for free or reduced price meals. Applications are available at all schools and the District office. For Questions Regarding the food service program you can call the food service office at, 208-578-5437

Meal Prices: Breakfast -\$1.25 Lunch-\$2.10 Lunch Reduced-\$0.40

Go to [Choosemyplate.gov/](http://Choosemyplate.gov/) for online personal wellness resources for you and your family



[www.eatlearnlive.com](http://www.eatlearnlive.com)

