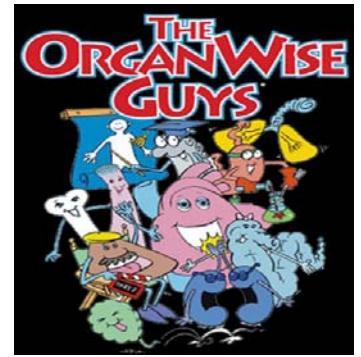


During the month of January our school will focus on legumes and cruciferous vegetables as the **OWG Foods of the Month!** Look for them in your school cafeteria.

The School District of Palm Beach County

www.palmbeachschools.org/sfs

Elementary Lunch Menu January 2012



Parents are encouraged to prepay online for students meals. The link is provided on our website.

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>10 Traditional or Fiesta Beefaroni w/Breadstick Corndog Mini-Mandarin Chicken Salad Muffin Platter California Blend</p>	<p>11 Barbecued Chicken Hot Ham & Cheese Sandwich PB & J & Cheese Stick Cornbread Stuffing* Sweet Potato Bake</p>	<p>12 Cuban Pork w/Roll Chicken Patty Sandwich Muffin Platter Black Beans Mixed with Rice* Sliced Sweet Plantains Garden Salad</p>	<p>13 "Fresh From the Farm" Fiesta Pizza Fish Sticks w/Roll PB & J & Cheese Stick Corn-on-the-Cob</p>		
<p>Daily Offerings Monday/Wednesday/Friday PB & J & Cheese Stick Tuesday/Thursday Muffin, Yogurt, & Cheese</p>	<p>17 Cheeseburger Hot Dog Muffin Platter Baked Beans</p>	<p>18 Chicken Tenders w/Roll Sloppy Joe Sandwich PB & J & Cheese Stick Sweet Potato Wedges</p> 	<p>19 Meatloaf w/Roll Gravy Chicken Patty Sandwich Garden Salad Deluxe Muffin Platter Mashed Potatoes</p>	<p>20 "Fresh From the Farm" Teriyaki Chicken w/Rice Pizza PB & J & Cheese Stick Fresh Green Beans</p>		
<p>23 Macaroni & Cheese w/Roll Meatball Sub PB & J & Cheese Stick Broccoli</p> 	<p>24 Meatless Lasagna or Stuffed Shells w/Breadstick Corndog Chef Garden Salad Muffin Platter Italian Green Beans</p>	<p>25 Oven Roast Chicken w/Roll Cheesy Burrito PB & J & Cheese Stick Brown Rice* Spinach with Cheese</p>	<p>26 Early Release Day Manager's Choice One Hot Entrée and One Cold Entrée <i>See Explanation Box</i></p>	<p>27 "Fresh From the Farm" Soft Taco Stuffed Crust Pizza PB & J & Cheese Stick Brown Rice* Corn-on-the-Cob</p>		
<p>30 Chicken Nuggets w/Roll Vegetarian Chili w/Corn Chips PB & J & Cheese Stick Brown Rice* Caribbean Blend</p>	<p>31 Spaghetti & Meat Sauce or Meatballs w/Breadstick Grilled Cheese Sandwich Muffin Platter Sweet Peas Garden Salad</p>	<p>On Early Release Days and Late Start Days School Food Service Managers will choose one hot entrée and one cold entrée to serve from the choices below:</p> <table border="0"> <tr> <td data-bbox="657 1470 950 1606"> <p>Hot Choices Hot Ham & Cheese Sandwich Chicken Patty Sandwich Mini Cheeseburger Sliders Corndog</p> </td> <td data-bbox="950 1470 1266 1606"> <p>Cold Choices PB & J & Cheese Stick Turkey & Cheese Sandwich Hoagie</p> </td> </tr> </table>		<p>Hot Choices Hot Ham & Cheese Sandwich Chicken Patty Sandwich Mini Cheeseburger Sliders Corndog</p>	<p>Cold Choices PB & J & Cheese Stick Turkey & Cheese Sandwich Hoagie</p>	 <p>To find nutrition facts about school meals, visit Health-e Living! The link is provided on our website!</p>
<p>Hot Choices Hot Ham & Cheese Sandwich Chicken Patty Sandwich Mini Cheeseburger Sliders Corndog</p>	<p>Cold Choices PB & J & Cheese Stick Turkey & Cheese Sandwich Hoagie</p>					

Did you know that the chocolate milk offered to students in Palm Beach County is *fat-free* and *does not* contain any high fructose corn syrup? This chocolate milk is low in carbohydrates and calories and is a great way for students to get their daily dose of calcium, protein, potassium, phosphorus, riboflavin and vitamins A, D, and B12. Chocolate milk is also a great post-exercise beverage. It provides a good balance of carbohydrates and protein to help refuel after strenuous physical activities.

For a complete meal, students may select **one entrée** (which may include a **GRAIN/BREAD & MEAT/MEAT ALTERNATE**), **two different FRUIT/VEGETABLES** and a **CHOICE OF MILK**. Each day: a **WHOLE GRAIN BREAD PRODUCT**, **(2) FRESH FRUITS**, **(2) CUPPED FRUITS**, **(2) SALAD CUPS**, **100% FRUIT JUICE**, and a **CHOICE OF MILK** are offered. An asterisk (*) indicates a **BONUS ITEM**. The **BONUS ITEM** may be selected as an extra bread/grain in addition to the bread/grain that already comes with the main entrée.

Menu is subject to changes.

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