

















Dark Leafy Greens



## Elementary LUNCH MENU January 2019 \$2.50

Monday	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL	1 	2 Chicken Patty on Bun Sweet Potato Grooves Assorted Fresh Fruits & Vegetables 	3 Cheesy Bosco Sticks With Marinara Sauce Assorted Fresh Fruits Assorted Vegetables	4 Big Daddy Pizza Assorted Fresh Fruits Assorted Vegetables 
7 Hamburger on WG Bun  Oven Baked Fries Country Baked Beans Assorted Fresh Fruits & Vegetables	8 Mini Corn Dogs Oven Baked Fries Assorted Fresh Fruits & Vegetables	9 Pizza Crunchers Penne Pasta Marinara Assorted Fresh Fruits & Vegetables 	10 Chicken Nuggets Steamed Brown Rice Steamed Green Beans Assorted Fresh Fruits & Vegetables	11 Home Made Pizza With Tossed Salad Assorted Fresh Fruits & Vegetables 
14 Pizza Bagels Fresh Garden Salad Assorted Fresh Fruits & Vegetables 	15 Burrito or Taco Tub With L&T, Cheese Steamed Brown Rice Assorted Fresh Fruits & Vegetables	16 WG Penne Pasta Marinara with Meatballs Assorted Fresh Fruits & Vegetables 	17 Popcorn Chicken Mashed Potatoes Mixed Fresh Vegetables 	18 Nardone Individual Pizza Garden Salad Assorted Fresh Fruits & Vegetables 
21 <b>Martin Luther King Day</b> 	22 All Beef Hot Dog on WG Bun with Oven Baked Fries Country Baked Beans Assorted Fresh Fruits & Vegetables 	23 Pizza Crunchers Penne Pasta Marinara Assorted Fresh Fruits & Vegetables	24 Chicken Nuggets Steamed Brown Rice Steamed Green Beans Assorted Fresh Fruits & Vegetables	25 Stuffed Crust Pizza With Tossed Salad Assorted Fresh Fruits & Vegetables <b>PIZZA PLUS</b> 
28 Crunchy Chicken Tenders Sweet Potato Grooves Assorted Fresh Fruits & Vegetables	29 Nacho's Grande or Taco Tub Steamed Brown Rice Assorted Fresh Fruits & Vegetables	30 <b>Single Session</b> Pizza Dippers With Marinara Sauce Tossed Salad Assorted Fresh Fruits & Vegetables	31 "Breakfast for Lunch" French Toast Sticks Turkey Sausage Tater Tots Assorted Fresh Fruits & Vegetables	
<b>Fresh Fruit &amp; Vegetable Selection (includes but not limited to)</b>				
Cucumber Coins Baby Carrots Assorted Chilled Fruit Fresh Whole Fruit	Carrot and Celery Sticks Assorted Chilled Fruit Fresh Whole Fruit	Red Bell Pepper Strips Cherry Tomatoes Chilled Peaches Fresh Whole Fruit	Carrot and Celery Sticks Fresh Broccoli Florets Fresh Whole Fruit	Colorful Tossed Salad Red Bell Pepper Strips Chilled Fruit Cocktail Fresh Whole Fruit

**Food of the Month: Dark Leafy Greens**  
The USDA recommends eating one-half cup of green leafy vegetables each day to prevent nutrient deficiencies and serious illnesses.

We provide free & reduced meals for all families that are eligible. Applications are available on the Region 16 website or call us at 203-758-6671 for details

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<https://www.region16ct.org> [MySchoolBucks.com](http://MySchoolBucks.com)

**ELEMENTARY SELECTION INCLUDES:** A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices include 1% white and skim chocolate.