

January 2018

EAC

LUNCH



School Information: Lunch Money
20 lunches @ \$2.45 = \$49.00
Reduced @ .40 = \$8.00



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



1

Tuesday

2

Teachers Institute
No School

Wednesday

3

Ravioli
w/meat sauce
Green Beans
Fruit

Thursday

4

Sausage/egg/chees
Biscuit
Breakfast Potatoes
Calypso Crush Juice

Friday

5

Stuffed Crust Pizza
Garden Salad
Fruit

8

Sloppy Jo/bun
Tater Puffs
Fruit

9

Spaghetti w/meat sauce
Garden Salad
Fruit

10

Taco Pie
Spicy Pinto Beans
Salsa
Fruit

11

Chicken Wraps
Carrots
Fruit

12

Pepperoni Pizza
Corn
Fruit

15

Martin Luther King
No School

16

Chicken Nuggets
Mac'n'cheese
Peas
Fruit

17

Corndogs
Sunchips
Carrots & Apples
11:30 dismissal

18

Teriyaki Chicken
Fried Rice
Calif. Veggies
Fruit

19

Pizza Quesadilla
Garden Salad
Fruit

22

BBQ Rib/bun
Oven Fries
Carrots
Fruit

23

Chicken Alfredo
Steamed Broccoli
Fruit

24

Cheeseburger
Baked Beans
Fruit

25

Hot Sub Sandwich
Carrots/celery
Fruit

26

Stuffed Crust Pizza
Salad/ranch dressing
Fruit

29

Chicken & Noodles
Potatoes
Green Beans
Breadstick & Fruit

30

Walking Taco
Salsa
Corn
Fruit

31

Hotdog/bun
Carrots/celery w/ranch
Calif Blend Veggies

