January 2012 Elementary

www.schoolcafe.org

Breakfast served in participating schools. For more information, please contact your principal.

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 GRILLED CHICKEN STRIP Wsauce CHEESY MASHED POTATOES CHILLED TROPICAL FRUIT SEASMEWHEAT ROLL	5 CRISPY PORK TACO AMERICAN CHEESE CUP SHREDDED LETTUCE/TOMATO CORN CHILLED MIXED FRUIT CINNAMON STICK	6 Baked, Crispy Fish Strips Crinkle Fries Pineapple w Cherries Southern Butter Wheat Roll* Jell-O
9 Red/White Beans with Sausage* Fluffy Rice Steamed Vegetable Blend Chilled Mixed Fruit Cornbread* OR Corn Roll*	10 Beef Taco* Shredded American Cheese Shredded Lettuce and Tomato Golden Corn* Chilled Pineapple Cinnamon Roll*	11 Chicken Alfredo* Cream Sauce* with Rotini Caesar Salad* Chilled Applesauce Italian Bread*	12 Roasted Chicken Potatoes in Cheese Sauce* Tossed Salad Garlic Wheat Roll* Iced Fudge Brownie*	13 Shrimp Etouffe* Fluffy Rice Seasoned Spinach* Chilled Strawberries Garlic Wheat Roll*
16 Martin Luther King, Jr. Day	17 Crispy Pork Taco Shredded American Cheese Shredded Lettuce and Tomato Golden Corn* Chilled Applesauce Honey Bun*	18 **Brussels Sprouts Nutrition Day** Wheat Spaghetti & Meatballs Italian Red Gravy* Crisp Italian Salad* Chilled Tropical Fruit Italian Bread* 	19 Shrimp Archie* Cream Sauce* w Rotini Caesar Salad* Chilled Mixed Fruit Wheat Roll* Rice Krispie Treat*	20 Baked, Crispy Chicken Strips Baked Crinkle Fries Seasoned Peas Sesame Wheat Roll Chocolate Chip Cookie*
23 **Chinese New Year** Baked, Crispy Chicken Smackers w/ Sweet & Sour Sauce Fried Brown Rice* Stirfry Veggies Mandarin Oranges Sesame Wheat Roll* Jell-O 	24 Soft Chicken Taco* Shredded American Cheese Shredded Lettuce and Tomato Carrot/Celery Sticks Chilled Tropical Fruit Cinnamon Stick*	25 Pizza Popeye Salad Golden Corn* Sugar Cookie*	26 BBQ Chicken Brown Rice-a-Roni* Fresh Broccoli/Cauliflower Florets Chilled Mixed Fruit Sesame Wheat Roll* Pudding	27 Turkey & Sausage Gumbo* Fluffy Rice Potato Salad* OR Garden Salad Chilled Pears French Bread*
30 Red/White Beans & Sausage* Fluffy Rice Steamed Broccoli Chilled Applesauce French Bread*	31 Pizza Golden Corn* Chilled Strawberries Cinnamon Roll*	**Whole fresh fruit offered daily with lunch.** *** Denotes menu items that are prepared in the cafeteria. Many of these items are made from scratch using our own Archdiocese School Food Service recipes.** **Choice of milk is offered daily.**		

January 18th is Brussels Sprouts Nutrition Day! Stop by the nutrition day table for a yummy sample and fun activities!

January 16th is Martin Luther King, Jr. Day!

January 23rd is our Chinese New Year Celebration with a delicious theme meal!

St. Agnes School

School lunches must meet recommendations of the Dietary Guideline for Americans.
No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly.
Lunches contain 1/3 of the RDI of Calories, Protein, Vitamin A, Vitamin C, Iron, and Calcium.