

# EMUFSD Elementary School Lunch

## January 2018

1

2 Grilled Cheese Sandwich  
on WG Bread/ Side Tomato Soup

Boneless BBQ Wings

Turkey & Cheese Sandwich

Sweet Potato Fries

3

½ & ½ Day  
½ an order of Nuggets and  
½ a slice of Pizza

American Hero

Roasted Chickpeas

4

WG Rotini & Meatballs  
W/ Toasted Garlic Bread

Chicken Patty

Ham & Cheese Sandwich (P)

Roasted Broccoli

5

Homemade Pizza Slice

BBQ Chicken & Cheddar Wrap

Turkey & Cheese Sandwich

Romaine Side Salad

8

Cheeseburger on a WG Bun

Chicken Nuggets W/ WG roll

Turkey & Cheese Sandwich

Sweet Potato Fries

9

Soft Taco Wrap

Chicken Patty on a bun

Ham & Cheese Sandwich (P)

Vegetarian Baked Beans

10

½ & ½ Day  
½ an order of Nuggets and  
½ a slice of Pizza

American Hero

Roasted Chickpeas

11

Nachos Grande

Chicken Patty

Ham & Cheese Sandwich (P)

Roasted Broccoli

12

French Bread Pizza

BBQ Chicken & Cheddar Wrap

Romaine Side Salad

Martin Luther King Jr. Day

16

Homemade Macaroni and Cheese

Turkey Hot Dog on a WG Roll

Ham & Cheese Hero (P)

Vegetarian Baked Beans

17

½ & ½ Day  
½ an order of Nuggets and  
½ an order of Pizza Sticks

American Hero

Roasted Chickpeas

18

WG Rotini & Meatballs  
W/ Toasted Garlic Bread

Chicken Patty

Ham & Cheese Sandwich (P)

Roasted Broccoli

19

Personal Pizza

BBQ Chicken & Cheddar Wrap

Romaine Side Salad

22

Grilled Tomato & Cheese Sandwich on WG Bread

Boneless BBQ Wings W / WG roll

Turkey & Cheese Sandwich

Sweet Potato Fries

23

Oven Roasted BBQ Chicken w/ Dinner Roll

Chicken Patty

Ham & Cheese Sandwich (P)

Vegetarian Baked Beans

24

½ & ½ Day  
½ an order of Nuggets and  
½ a slice of Pizza

American Hero

Roasted Chickpeas

25

Nachos Grande

Chicken Patty

Ham & Cheese Sandwich (P)

Roasted Broccoli

26

Pizza Bagel

BBQ Chicken & Cheddar Wrap

Romaine Side Salad

29

Chicken & Cheese Quesadilla

Boneless Wings W/ WG roll

Turkey & Cheese Sandwich

Sweet Potato Fries

30

Grilled Cheese Sandwich on WG Bread/ Side of Tomato Soup

Boneless BBQ Wings W / WG roll

Turkey & Cheese Sandwich

Sweet Potato Fries

31

½ & ½ Day  
½ an order of Nuggets and  
½ a slice of Pizza

American Hero

Roasted Chickpeas

**Assorted snack items are offered daily that fit within the new Federal "Smart Snack" guidelines!**

**Grades K-12 are "Offer vs. Serve" and must choose at least 3 of the 5 options below:**

- Meat/Meat Alternate--Whole Grain Item--Fruit Choice--
- Vegetable Choice--Milk Choice--

**\*\*One of the choices MUST be a fruit or vegetable!\*\***

**Items with a (P) may contain pork.**

### Available Daily:

WG Bagel & RF String Cheese, LF Vanilla Fruit Yogurt Parfait, Salad Choice, S/PB&J

Apples, Oranges, Fruit Cups, Orange Juice, Apple Juice, Fruit Punch, Carrot Sticks, Celery Sticks, Rotating Hot Vegetable

1% White Milk, Fat-Free White, Fat-Free Chocolate

Bread Basket Offered Daily!