

Elementary January Lunch Menu

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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread,
 and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:
 Broccoli Florets
 Baby Carrots
 Dark Leafy Greens
 Legume Salads
 Celery & Cucumber
 *May choose two 1/2 cup servings




*Fruits may include:
 Crisp Apple
 Sliced Peaches
 Mixed Fruit
 Fresh Orange
 Banana
 Pineapple Tidbits
 Diced Pears
 Applesauce
 *May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry, Fat Free Vanilla, Fat Free White and Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
<p>The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE</p>	<p>1/2 Corn Dog Nuggets Sweet Carrots Juicy Peaches Low Fat Milk</p>	<p>1/3 Popcorn Chicken Bowl Slice of Bread Mashed Potatoes with Gravy Steamed Corn Apple Slices Low Fat Milk</p>	<p>1/4 Baked Lasagna Garlic Bread Crispy Green Beans Cherry Applesauce Low Fat Milk</p>	<p>1/5 Cheesesteak Hoagie Steamed Broccoli Diced Pears Low Fat Milk</p>	<p>Week 1 Breaded Chicken Salad Ham and Cheese Wrap</p>
<p>1/8 Chicken Patty on a Bun Steamed Carrots Pineapple Tidbits Low Fat Milk</p>	<p>1/9 Grilled Cheese Tomato Soup Steamed Broccoli Mixed Fruit Low Fat Milk</p>	<p>1/10 Walking Tacos with Toppings Slice of Bread Refried Beans Flavored Applesauce Low Fat Milk</p>	<p>1/11 New Year's Meal Roasted Pork and Gravy Mashed Potatoes Dinner Roll Apple Slices Low Fat Milk</p>	<p>1/12 French Toast Sticks with Maple Syrup Sausage Patty Tater Tots Assorted Juice Low Fat Milk</p>	<p>Week 2 Chicken Popper Salad with Slice of Bread Italian Hoagie</p>
<p>1/15 No School!</p>	<p>1/16 Fresh Baked Italian Dunkers Marinara Sauce Steamed Peas Diced Pears Low Fat Milk</p>	<p>1/17 Popcorn Chicken Bites with BBQ or Hot Sauce Slice of Bread Sweet Potato Fries Sweet Peaches Low Fat Milk</p> <p></p>	<p>1/18 Super Nachos with Cheese and Toppings Slice of Bread Sweet Corn Pineapple Tidbits Low Fat Milk</p>	<p>1/19 BBQ Rib Sandwich Baked Beans Mandarin Oranges Low Fat Milk</p>	<p>Week 3 Taco Salad with Slice of Bread Ham and Cheese Munchable!</p>
<p>1/22 Pierogies with Melted Butter Slice of Bread Green Beans Cinnamon Applesauce Low Fat Milk</p>	<p>1/23 Sloppy Joe on a Bun Homemade Baked Beans Fruited Jell-O with Pears Low Fat Milk</p>	<p>1/24 Macaroni and Cheese Slice of Bread Stewed Tomatoes Blushing Pears Low Fat Milk</p>	<p>1/25 Hard or Soft Tacos with Assorted Toppings Slice of Bread Sweet Corn Pineapple Tidbits Low Fat Milk</p>	<p>1/26 Sweet and Sour Chicken Bowl with White Rice Broccoli Florets Sweet Peaches Low Fat Milk</p>	<p>Week 4 Chef Salad with Slice of Bread Crispy Chicken Wrap</p>
<p>1/29 Fresh Baked Italian Dunkers Marinara Sauce Steamed Peas Diced Peaches Low Fat Milk</p>	<p>1/30 Pasta with Meatballs Slice of Bread Broccoli Florets Mixed Fruit Low Fat Milk</p>	<p>1/31 Ham and Cheese Melt on Pretzel Roll Chicken Noodle Soup Glazed Carrots Flavored Applesauce Low Fat Milk</p>	<p><i>Oven Roasted Carrots</i>   Whole Grains Available Daily</p>	<p>Week 5 Breaded Chicken Salad with Slice of Bread Nacho's Munchable</p>	
<p>Monday Hot Dog on a Bun</p>	<p>Tuesday Chicken Strips with Bread</p>	<p>Wednesday Cheeseburger on a Bun</p>	<p>Thursday Chicken Nuggets with Bread</p>	<p>Friday Homemade Cheese Pizza</p>	<p>Lunch Prices: Paid \$2.30 Reduced \$0.40</p>