

MENUS FOR JANUARY 2020

Elm Middle Schools

This institution is an equal opportunity provider.
Menus are subject to change.

AVAILABLE DAILY

Deli Sandwich Make to Order
Salad Lunch w/WG Bread & Protein
Yogurt Parfait w/WG Bread
WG Pizza w/Assorted Toppings

* Indicates product contains soy
w/g = Whole grain

Menu is Subject to Change

BREAKFAST SERVED
DAILY!!

Featured Specials of the Day



Welcome Back!
We hope you
enjoyed your break!

Monday, January 6

Oven Baked Popcorn Chicken w/Dipping Sauces,
Oven Fries, w/g Bread Stick
Garden Salad, Green Beans
Choice of Fruit and Milk

Tuesday, January 7

Hamburger or Cheeseburger on w/g Bun,
Oven Baked Fries, Garden Salad, Veggies Beans
Carrots/Dip, Choice of Fruit & 100% Juice and Milk

Wednesday, January 8

Nacho Platter Supreme ~ Meat, Cheese, Salsa,
Refried Beans, Seasoned Rice, Corn
Garden Salad, Choice of Fruit and Milk

Thursday, January 9

Crispy or Spicy Chicken Patty on w/g Bun,
Fresh Veggie Cup, Garden Salad, Oven Baked Fries
Choice of Fruit or 100% Juice and Milk

Friday, January 10

Cook's Choice, Salad,
Hot Vegetable Choice
Choice of Fruit or Milk

Monday, January 13

Oven Baked Nuggets Chicken
Seasoned Oven Fries, w/Dipping Sauces,
w/g Garlic Breadstick, Garden Salad
Choice of Fruit or Milk

Tuesday, January 14

Pasta w/ Meat sauce OR Plain Sauce & w/g Dinner Roll
Garden Salad, Steamed Green Beans
Choice of Fruit and Milk, 100% Juice and Milk

Wednesday, January 15

Early Release

Chicken Tenders w/Dipping Sauces
F. Fries, Bread Stick
Garden Salad, Glazed Carrots
Choice of Fruit or and Milk

2020
Make a Resolution To Save

Join us
every day for
convenient,
economical,
healthy meals!

Breakfast \$1.50 Lunch \$2.75
Learn more about free and reduced-price meals in our district:
603-966-1302

eat fit
wanna stay fit?
gotta eat right!

item: guacamole

verdict: the
dip-to-chip
ratio matters

tip: It's
football playoff
time, leading up to
the Super Bowl, and that means
you won't be able to avoid
guacamole if you try! So don't
try!!! Guac is a really healthy
snack, full of fiber and
nutritious plant fat. Really,
it's the chips that get you – so load up
lots of guac per chip and eat fewer chips!



Based
on 4 oz.
of guac
from a
national chain



DON'T LET THIS HAPPEN TO YOU!

IT WAS ON THE WAY TO SCHOOL, ABOUT A WEEK AFTER **HE FORGOT** ABOUT THE PEANUT BUTTER AND BANANA SANDWICH, THAT CHRIS FELT THE FIRST STIRRINGS OF **THE CHEMICAL REACTION IN HIS BACKPACK.**

NUTRITION ANALYSIS OF THIS TYPICAL SCHOOL LUNCH COMBO:

BEEF AND BEAN BURRITO
SPANISH RICE
GUACAMOLE
GRAPE TOMATOES
NONFAT CHOCOLATE MILK

TOTAL CALORIES: 709
CALORIES FROM PROTEIN: 20%
CAL. FROM CARBOHYDRATES: 52%
CALORIES FROM FAT: 28%
GOAL: 30% OR LESS FAT CALORIES

PLEASE SEE REVERSE FOR
ITEMS AVAILABLE DAILY

Featured Specials of the Day

Thursday, January 23

Nacho Platter Supreme
~ Meat, Cheese, Salsa
Seasoned Rice, Garden Salad and Refried Beans
Choice of Fruit or 100% Juice and Milk

Friday, January 24

Cook's Choice
Salad,, Hot Vegetable Choice
Choice of Fruit or Milk

Monday, January 27

Pizza Sticks w/Dipping Sauce,
Hot Buttered Pasta
Garden Salad, Green Beans
Choice of Fruit and Milk

Tuesday, January 28

w/g French Toast Sticks w/Syrup,
Sausage Patty
Garden Salad, Hash Brown Patty
Choice of Fruit or 100% Juice and Milk

Wednesday, January 29

Chicken Tenders w/Dipping Sauces
F. Fries, Bread Sticks,
Garden Salad, Glazed Carrots
Choice of Fruit or and Milk

Thursday, January 30

Crispy or Spicy Chicken Patty on w/g Bun,
Oven Fries
Garden Salad,
Fresh Veggie Cups/Dip
Choice of Fruit or 100% Juice and Milk

Friday, January 31

Cook's Choice
Salad,
Hot Vegetable Choice

Featured Specials of the Day

Thursday, January 16

Toasted Ham & Cheese Sandwich or
Toasted Cheese Sandwich,
Garden Salad ,Low Sodium Soup & Saltines
Choice of Fruit & 100% Juice and Milk

Friday, January 17

Cook's Choice
Salad,, Hot Vegetable Choice
Choice of Fruit or Milk

Monday, January 20

No School

Martin Luther King Jr Day

Tuesday, January 21

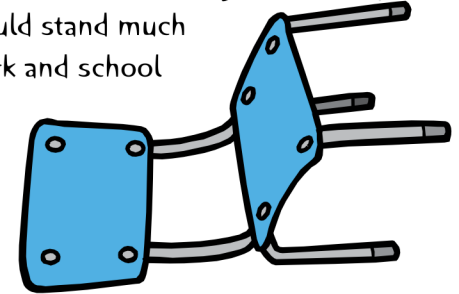
Chicken Tenders Spicy or Plain w/Dipping Sauces,
Dinner Roll, Oven F. Fries, Garden Salad, Glazed Carrots
Choice of Fruit or 100% Juice and Milk

Wednesday, January 22

Hamburger/Cheeseburger on w/g Bun or
Hot Dog on w/g Roll, Garden Salad ,Oven Fries
Carrots/Dip, Veg Beans
Choice of Fruit and Milk

TAKE A STAND.

On average, adults over 45 sit for over 12 of 16 waking hours. Teens sit for 4.5 hours a day at school – and average another 7 hours of total screen time the rest of the day. Health experts say we should stand much more at work and school and try not to sit for more than 30 minutes at a stretch.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

1 NEW YEAR = 365 OPPORTUNITIES

2020

GO FOR IT.

NAME DROPPING

POST MALONE IS THE
STAGE NAME OF
AUSTIN RICHARD POST.
THE FIRST NAME IS,
OBTAINABLE, HIS GIVEN
LAST NAME. AND
MALONE? NO CRAZY
STORY -- IT CAME FROM
A RAP NAME GENERATOR.

