

JANUARY 2019

NHSD Elementary Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

No School

1

2
 Chicken Nuggets
 Alt: Max Pizza
 Atl: Tuna Fish Sandwich
 Honey Baked Beans
 Onion Rings
 Steamed Green Beans
 Rosati Happy New Year
 Straw/Lemon 100% Juice Water Ice
 Assorted Milk

2

3
 Beef Soft Tacos
 Alt: Cheese Pizza
 Alt: Egg Salad Sandwich
 Brown Rice
 Golden Corn
 Sweet Pear Cup
 Assorted Milk

3

4
 Cheese Quesadilla
 Alt Popcorn Chicken
 Alt: Ham & Cheese Hoagie
 Steamy Broccoli
 Potato Smiles
 Pineapple Tidbits
 Mini WG Alphabet Cookies
 Assorted Milk

4

7
 Cheesy Pizza Wedge
 w/wo Pepperoni
 Alt: Chicken Patty Sandwich
 Alt: Turkey & Cheese Shortie
 Honey Baked Beans
 Blue Raspberry/Lemon 100%
 Fruit Juice Sidekick Smoothie
 Assorted Milk

7

8
Brunch for Lunch!
 Pancakes w/wo Sausage
 Alt: Bacon, Egg & Cheese
 on Whole Grain Muffin
 Alt: Ham & Cheese
 Sandwich
 Tater Tots
 Chilled Applesauce
 Assorted Milk

8

9
 Big Daddy's Pizza
 Alt Burger w/wo Cheese
 Alt: Tuna Fish Sandwich
 Golden Corn
 Sweet Potato Bites
 Mixed Fruit Cocktail
 Assorted Milk

9

10
 Spaghetti
 with plain or meat sauce
 Alt: Max Pizza Sticks
 w/wo Dipping Sauce
 Alt: Egg Salad Sandwich
 Garlic Bread
 Steamed Broccoli Bites
 Diced Sweet Peas
 Assorted Milk

10

11
 Breaded Fish Ocean
 Shapes
 Alt: Chicken Drumsticks
 Alt: Ham & Cheese Hoagie
 Dinner Roll-Oven Baked
 Fries
 Steamy Green Beans
 Sliced Peaches
 Assorted Milk

11

14
 Grilled Cheese Sandwich
 Alt: Popcorn Chicken
 w/wo Roll
 Alt: Turkey & Cheese
 Shortie
 Tomato Soup
 Steamy Broccoli
 Pineapple Tidbits
 Assorted Milk

14

15
 State Fair Corn Dog
 Alt: Munchable Pizza Kit
 Alt: Ham & Cheese
 Sandwich
 OB Curly Fries-Carrot
 Coins
 Chilled Applesauce Cup
 Assorted Milk

15

16
 Chicken Tenders
 Alt: Meatball Sub
 Alt: Tuna Fish Sandwich
 Steamy Green Beans
 Potato Smiles
 Mini WG Choc. Chip
 Cookies
 Mixed Fruit Cocktail
 Assorted Milk

16

17
 Beef Tacos Hard Shell
 Alt: Chicken Waffle Bites
 Alt: Egg Salad Sandwich
 Golden Corn
 Brown Rice
 Sliced Peaches
 Assorted Milk

17

18
 Baked Chicken Rings
 Alt: Macaroni & Cheese
 Alt: Ham & Cheese
 Hoagie
 Corn Muffin
 Honey Baked Beans
 Mandarin Oranges
 Assorted Milk

18

No School

21

22
Brunch for Lunch!
 French Toast w/wo Sausage
 Alt: Egg & Cheese on Whole
 Grain Muffin w/wo Sausage
 Alt: Ham & Cheese Sandwich
 Tater Tots
 Sliced Peaches
 Assorted Milk

22

23
 Beef & Cheese Nachos
 Alt: Stuffed Crust Pizza
 Alt: Tuna Fish Sandwich
 Golden Corn
 Cucumber Coins
 Sweet Pear Cup
 Assorted Milk

23

24
 Ravioli w/wo Sauce
 Alt: Cheezy Bread Sticks
 Alt: Egg Salad Sandwich
 Steamy Broccoli
 Garlic Bread
 Pineapple Tidbits
 Assorted Milk

24

25
 No Hot Meals Served
 Bagged Breakfast
 and Lunch
 Available

25

28
 French Bread Pizza
 Alt: Chicken Tenders
 w/wo Roll
 Alt: Turkey & Cheese
 Shortie
 Glazed Carrot Coins
 Mixed Fruit Cocktail
 Assorted Milk

28

29
 Hot Dog on WG Bun
 Alt: Grilled Cheese
 Sandwich
 Alt: Ham & Cheese
 Sandwich
 Crispy French Fries
 Tomato Soup
 Chilled Applesauce
 Assorted Milk

29

30
 Chicken Nuggets
 Alt: Max Pizza
 Atl: Tuna Fish Sandwich
 Honey Baked Beans
 Onion Rings
 Fresh Zucchini Sticks
 w/wo Dip
 Mandarin Oranges
 Assorted Milk

30

31
 Beef Soft Tacos
 Atl: Cheese Pizza
 Alt: Egg Salad Sandwich
 Brown Rice
 Golden Corn
 Sweet Pear Cup
 Assorted Milk

31

DID YOU KNOW...
 January's gem is
 garnet which
 represents
 constancy.

DON'T FORGET YOUR
 Grab & Go BREAKFAST!

**Please remember, if
 your child receives free
 or reduced lunch, they
 also receive free or
 reduced breakfast**

Menu is Subject to Change

Student Lunch \$2.90
 Reduced Lunch \$.40

Additional Meal Choices
 Include:

Peanut Butter & Jelly
 Uncrustable, String Cheese
 Combo w/Goldfish Crackers
 Or

Yogurt, Bagel, String Cheese
 Combo w/wo Toppings
 Additional Fruit & Veg.

Choices Include:
 100% Assorted Fruit Juice:
 Orange, Apple or Fruit Punch
 Baby Carrots w/wo Ranch Dip
 Side Garden Salad
 Fresh Fruit Basket w/ Apples,
 Oranges and Bananas

1% White, FF White, FF Choc.
 & FF Straw. Milk offered
 daily.

Federal Guidelines for
 School Lunches:

5 Meal Components Offered:
 Meat/Meat Alternate,
 Bread/Grain, Vegetable, Fruit
 and Milk

Students must choose 3 of
 the 5. One of the 3
 chosen must be a fruit or
 vegetable for the meal to
 be considered a school
 lunch.