

JANUARY 2018



**NORTH STAR
ELEMENTARY LUNCH MENU**

What is a Meal?

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

A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

- Meat or meat alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk
- 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:

Dark green - spinach, broccoli, romaine and spring salad

Red/Orange - carrots, sweet potatoes, tomatoes, red peppers

Beans/Peas

Starchy-white potatoes, corn, and lima beans

Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Daily Entree Options may include:

PB&J Sandwich with String Cheese & Graham Snack

Grilled Chicken Salad w/ roll

Fruit & Yogurt Lunch Pack w/Graham Snack & String Cheese

Options also include: Milk, Fruit & Vegetable



Lunch Prices
Student \$1.65
Reduced \$.40
Adult \$3.00

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USDA is an equal opportunity provider and employer

Monday

**Happy
New Year!**

Tuesday



Wednesday

3

Cheese Steak
On a Roll
or
French Toast Sticks
With Breakfast Ham

Featured Veggies:

Potato Triangles
Ranchero Carrots
Choice of Fruit
Choice of Milk

Thursday

4

BBQ Ribby
On a Bun
or
Chicken Alfredo over Penne
Garlic Bread Stick

Featured Veggies:

Steamed Broccoli
Celery Sticks with Ranch
Grapefruit
Choice of Milk

Friday

5

Smothered Pierogies
Bacon Cheddar

Fiestada Pizza

Featured Veggies:

Cherry Tomatoes
Cucumber Slices
Choice of Fruit
Choice of Milk

8

Hot Ham and Cheese
On a Pretzel Roll
or
Popcorn Chicken
with a Dinner Roll

Featured Veggies:

Steamed Broccoli
Cucumber Slices
Choice of Fruit
Choice of Milk

9

Toasted
Cheese Sandwich
or
Beef Taco
On a Soft Tortilla

Featured Veggies:

Refried Beans
Green Peas
Choice of Fruit
Choice of Milk

10

Egg, Sausage & Cheese
on a Honey Glazed Donut
or
Chicken Nuggets
with a Dinner Roll

Featured Veggies:

Tater Tots
Carrot Sticks
Choice of Fruit
Choice of Milk

11

Chicken Patty
On a Roll
or
Penne Pasta with Meatballs
Garlic Bread

Featured Veggies:

Oven Fries
Tomato & Onion Salad
Choice of Fruit
Choice of Milk

12

Mini Corn Dogs

or

Italian Dunkers
with Sauce

Featured Veggies:

Baby Carrots
Green Beans
Choice of Fruit
Choice of Milk

15



No School
Act 80 Day

16

Chicken Enchilada
On a Soft Tortilla
or
Nachos Grande
Tortilla Chips

Featured Veggies:

Refried Beans
Tomato & Onion Salsa
Choice of Fruit
Choice of Milk

17

BBQ Ham
On a Bun
or
French Toast Sticks
With Sausage Patties

Featured Veggies:

Hash Brown Potato
Fresh Cucumber Slices
Choice of Fruit
Choice of Milk

18

Chicken Patty
On a Bun
or
Beef & Cheese Lasagna
Garlic Bread Stick

Featured Veggies:

Steamed Corn
Romaine Salad
Choice of Fruit
Choice of Milk

19

Black Bean Shaker Salad
Garlic Bread Stick
or
Italian Dunkers
with Sauce

Featured Veggies:

Cherry Tomatoes
Roasted Zucchini
Choice of Fruit
Choice of Milk

22

Italian Meatballs & Cheese
On a Roll
or
Chicken Nuggets
with a Dinner Roll

Featured Veggies:

Oven Fries
Red Pepper Strips
Choice of Fruit
Choice of Milk

23

Buffalo Chicken & Cheese
On Flat Bread
or
Walking Taco
with a Dinner Roll

Featured Veggies:

Green Beans
Spinach Salad
Choice of Fruit
Choice of Milk

24

Hot Dog
On a Roll
or
Hot Turkey
Sandwich

Featured Veggies:

Mashed Potatoes
Green Pepper Strips
Choice of Fruit
Choice of Milk

25

Toasted
Cheese Sandwich
or
Beef & Mac
Garlic Bread Stick

Featured Veggies:

Tomato Soup
Corn Salad
Choice of Fruit
Choice of Milk

26

BBQ Ribby
On a Bun
or
Pepperoni Pizza Bagel

Featured Veggies:

Roasted Sweet Potatoes
Chick Pea Salad
Choice of Fruit
Choice of Milk

29

Turkey & Cheese Melt
On a Croissant
or
Chicken Mash Potato Bowl
with a Dinner Roll

Featured Veggies:

Mashed Potatoes
Steamed Corn
Choice of Fruit

30

Macaroni & Cheese

or
Beef Taco
On a Soft Tortilla

Featured Veggies:

Refried Beans
Stewed Tomatoes
Choice of Fruit

31

Cheese Burger
On a Bun
or
Asian Sesame Chicken
Over Rice

Featured Veggies:

Steamed Broccoli
Carrot Sticks
Choice of Fruit

Nutritious Friends
Try it Jan 4th !!



Grapefruit are slightly
sour and really juicy

