



Bresnahan Elementary Lunch Menu January 2018

Student Lunch \$2.75
Reduced Lunch \$0.40 Milk
purchased separately \$0.60

Monday	Tuesday	Wednesday	Thursday	Friday
Week 2				
<p>Food Focus of the month: Citrus fruits are an excellent source of Vitamin C, which keeps the immune system healthy. They are also high in fiber and vitamins, such as folate, which helps our body make healthy blood cells.</p>				
Week 2 Alternatives: 2) Hot Option - *Toasty Cheese Sandwich 3) Nacho Fun Lunch - Tortilla Chips, Mild Salsa, Shredded Cheddar				
Week 3 1 Happy New Year!	Week 3 2 1) Classic Italian Meat Sauce Whole Grain Rotini Seasoned Broccoli Florets Whole Grain Herb Breadstick	Week 3 3 1) Roasted Turkey w/Gravy Mashed Potatoes Seasoned Peas, Whole Grain Roll Apple Crisp	Week 3 4 1) Classic Cheese OR Pepperoni Pizza Fresh Cinnamon Glazed Carrots *G.F. Pizza	Week 3 5 1) Soft Beef Whole Grain Tacos Lettuce, Tomato & Cheddar Boat Seasoned Corn, Mild Salsa
Week 3 Alternatives: 2) Hot Option - *Cheeseburger on a Bun *3) Sandwich Fun Lunch - *Sunbutter & Jelly Sandwich, String Cheese, Carrot & Celery Sticks				
Week 4 8 1) Whole Grain Pancakes w/pancake syrup Turkey Sausage Link Scrambled Eggs Chilled Cinnamon Applesauce	Week 4 9 1) BBQ Pork Riblet on a Whole Grain Bun Boston Baked Beans	Week 4 10 1) Chicken Parmesan Whole Grain Spaghetti Seasoned Mixed Vegetables	Week 4 11 1) Cheese Stuffed Breadsticks Marinara Sauce Roasted Carrot Fries *G.F. Pizza	Week 4 12 Early Release
Week 4 Alternatives: 2) Hot Option- Turkey Hot Dog on a Roll 3) Cereal Fun Lunch- Whole Grain Cheerios, Goldfish Crackers, Yogurt, String Cheese				
Week 1 15 MLK Jr. Holiday	Week 1 16 1) WG Chicken Nuggets Sweet Mustard Dressing Mashed Potatoes Seasoned Peas Whole Grain Dinner Roll	Week 1 17 1) Meatballs in Zesty Marinara Sauce Whole Grain Spaghetti Roasted Green Beans Parmesan Cheese Whole Grain Breadstick	Week 1 18 1) Classic Cheese OR Pepperoni Pizza Seasoned Broccoli Florets *G.F. Pizza	Week 1 19 1) Macaroni and Cheese Steamed Baby Carrots Whole Grain Dinner Roll
Week 1 Alternatives: 2) Hot Option - Crispy Chicken Patty Sandwich 3) Muffin Fun Lunch - Blueberry Muffin, Goldfish Crackers, Cheese & Strawberry Yogurt				
Week 2 22 1) Whole Grain Pancakes w/pancake syrup Turkey Sausage Link Scrambled Eggs Chilled Cinnamon Applesauce	Week 2 23 1) WG Chicken Nuggets Sweet Mustard Dressing Whole Grain Dinner Roll Seasoned Corn	Week 2 24 1) Pepperoni Pizza Pasta Bake Savory Green Beans Whole Grain Dinner Roll	Week 2 25 1) Cheese Stuffed Breadsticks Marinara Sauce Orange Glazed Carrots *G.F. Pizza	Week 2 26 Italian Turkey Meatball Sub Seasoned Peas Sweet Potato Puffs Whole Grain Dinner Roll
Week 2 Alternatives: 2) Hot Option - *Toasty Cheese Sandwich 3) Nacho Fun Lunch - Tortilla Chips, Mild Salsa, Shredded Cheddar				
Week 3 29 1) WG French Toast Sticks w/pancake svrup Turkey Sausage Patties Hash Brown Patty	Week 3 30 1) Classic Italian Meat Sauce Whole Grain Rotini Seasoned Broccoli Florets Whole Grain Herb Breadstick	Week 3 31 1) Roasted Turkey w/Gravy Mashed Potatoes Seasoned Peas, Whole Grain Roll Apple Crisp	Week 3 1 1) Classic Cheese OR Pepperoni Pizza Fresh Cinnamon Glazed Carrots *G.F. Pizza	Week 3 2 1) Soft Beef Whole Grain Tacos Lettuce, Tomato & Cheddar Boat Seasoned Corn, Mild Salsa
Week 3 Alternatives: 2) Hot Option - *Cheeseburger on a Bun *3) Sandwich Fun Lunch - *Sunbutter & Jelly Sandwich, String Cheese, Carrot & Celery Sticks				
Choose With Any Meal!				
Choose with any Meal: Sweet Corn & Pepper Salad Citrus Bean Salad Assorted Fresh & Chilled Fruit	Choose with any Meal: Fresh Celery Sticks w/Sunbutter Confetti Cole Slaw Assorted Fresh & Chilled Fruit	Choose with any Meal: Broccoli Ranch Salad w/Carrots Fresh Cherry Tomatoes Assorted Fresh & Chilled Fruit	Choose with any Meal: Colorful Tossed Salad Sliced Cucumbers Assorted Fresh & Chilled Fruit	Choose with any Meal: Carrot Sticks w/Hummus Power Peas Assorted Fresh & Chilled Fruit
Weekly Alternate Meals for the Month				
4) Chicken Ranch Wrap	4) Strawberry Parfait with Homemade Granola & WG Dinner Roll	4) Mixed Greens Salad with Cheese & WG Dinner Roll	4) Honey Mustard Turkey Ham & Cheddar Wrap	4) Crispy Chicken Salad with Cheese & WG Dinner Roll

ELEMENTARY: A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices are 1% white, skim chocolate and lactose-free skim.

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QUESTIONS? Please call: 978-465-4460

