



January

2014

Elementary School Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy New Year!				
		1 Winter Break (Holiday) 	2 Winter Break (Holiday)	3 Winter Break (Holiday)
6 Winter Break (Holiday)	7 Winter Break (Holiday)	8 Lunch Entrées-Choose One Spaghetti w/Cinnamon Roll Clux Delux Chicken Sandwich Toasted Cheese Sandwich on WG Sides-Choose One or More Green Beans, Corn Sliced Peaches, Craisins	9 Lunch Entrées-Choose One Teriyaki Chicken w/Rice & Roll **All American Hotdog Cold Cut Deli Sub Sandwich Grilled Chicken Salad w/Breadstick Sides-Choose One or More Baked Beans, Coleslaw Mandarin Oranges, Fresh Banana	10 Lunch Entrées-Choose One NY Style Cheese Pizza Slice Chicken Fajitas & Pico de Gallo w/Fresh SC Grown Cilantro Yogurt, Cheese & Granola **Chef Salad w/Crackers Sides-Choose One or More Parsley Potatoes, Bell Pepper Strips Applesauce, Orange Juice
13 Lunch Entrées-Choose One Chicken Nuggets w/Breadstick Sloppy Joe Sandwich Yogurt, Cheese & Granola **Chef Salad w/Crackers Sides-Choose One or More Green Beans, Glazed Sweet Potatoes Diced Pears, Sliced Oranges	14 Lunch Entrées-Choose One Hamburger/Cheeseburger Twisted Chicken w/Roll Cold Cut Deli Sub Sandwich Grilled Chicken Salad w/Breadstick Sides-Choose One or More Tater Tots, Peas & Carrots Sliced Peaches, Fresh Apple	15 Lunch Entrées-Choose One Chicken Strips w/Cinnamon Roll Pasta Wrap w/Cinnamon Roll Toasted Cheese Sandwich on WG **Chef Salad w/Crackers Sides-Choose One or More Caesar Salad, Steamed Squash Strawberry Cup, Fresh Kiwi	16 Lunch Entrées-Choose One Nachos w/Creamy Queso and Chili Mozzarella Cheese Sticks w/Marinara Cold Cut Deli Sub Sandwich Grilled Chicken Salad w/Breadstick Sides-Choose One or More Picante' Pintos, Corn Applesauce, Fresh Pear	17 Lunch Entrées-Choose One **4x6 Variety Pizza Country Beef Steak w/Rice & Roll Yogurt, Cheese & Granola **Chef Salad w/Crackers Sides-Choose One or More Mashed Potatoes, Veggie Cup Fresh Banana, Grape Juice
20 No School (Holiday)	21 Lunch Entrées-Choose One Hamburger/Cheeseburger Roasted Chicken w/Roll Toasted Cheese Sandwich Grilled Chicken Salad w/Breadstick Sides-Choose One or More Crinkle Cut Fries, Collards w/Fresh SC Grown Collards Pineapple, Sliced Oranges	22 Lunch Entrées-Choose One Spaghetti w/Cinnamon Roll Clux Delux Chicken Sandwich Cold Cut Deli Sub Sandwich **Chef Salad w/Crackers Sides-Choose One or More Corn, Butter Beans Peach Cup, Fresh Grapes	23 Lunch Entrées-Choose One State Fair Corndog WG Tangerine Chicken w/Rice & Roll Toasted Cheese Sandwich Grilled Chicken Salad w/Breadstick Sides-Choose One or More Baked Beans, Veggie Cup Mandarin Oranges, Fresh Banana	24 Lunch Entrées-Choose One Gilardi Pepperoni Pizza Slice Macaroni & Cheese w/Roll Yogurt, Cheese & Granola **Chef Salad w/Crackers Sides-Choose One or More Parsley Potatoes, Spinach Salad Applesauce, Orange Juice
27 Lunch Entrées-Choose One Chicken Nuggets w/Breadstick Hamburger/Cheeseburger Yogurt, Cheese & Granola **Chef Salad w/Crackers Sides-Choose One or More Green Beans, Glazed Sweet Potatoes Diced Pears, Sliced Oranges	28 Lunch Entrées-Choose One **Pancakes & Sausage Chicken Pot Pie w/Roll Cold Cut Deli Sub Sandwich Grilled Chicken Salad w/Breadstick Sides-Choose One or More Tater Tots, Steamed Broccoli Sliced Peaches, Fresh Apple	29 Lunch Entrées-Choose One Chicken Strips w/Cinnamon Roll Pasta Wrap w/Cinnamon Roll Toasted Cheese Sandwich on WG **Chef Salad w/Crackers Sides-Choose One or More Caesar Salad, Steamed Squash Strawberry Cup, Fruit Cocktail	30 Lunch Entrées-Choose One Fiesta Beef Tacos & Pico de Gallo w/Fresh SC Grown Cilantro **BBQ Chicken Mini Sliders Cold Cut Deli Sub Sandwich Grilled Chicken Salad w/Breadstick Sides-Choose One or More Collards w/Fresh SC Grown Collards , Black-eyed Peas Applesauce, Fresh Pear	31 Lunch Entrées-Choose One **4x6 Variety Pizza Fish Poppers w/Roll Yogurt, Cheese & Granola **Chef Salad w/Crackers Sides-Choose One or More Roasted Cauliflower, Garden Salad Fresh Banana, Grape Juice

MEALTIME MESSAGE

Lunch \$2.50

Assorted Milk Choices Available Daily for Breakfast and Lunch: 1% White, Skim White, Fat Free Chocolate, Strawberry, and Vanilla

This Month's SC Grown Fresh Produce...



Collards

Cilantro



Fun Facts:

The State of South Carolina, the second largest producer of collards, attempted to pass a bill to make collards the official Leafy Green of the State

Cilantro is over 2,000 years old. Eating cilantro can aid your digestive process and has healing benefits including relieving stress, headaches, and nausea

** Contains Pork

Menu Items subject to change based upon availability.



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