

January 2018 Pre-K & Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Winter Break <i>No School</i>	2 Winter Break <i>No School</i>	3 Deep Dish Cheese Pizza Deep Dish Pepperoni Pizza Manager's Choice Entrée Zesty Steamed Broccoli Buttered Carrots Potato Smiles Manager's Choice Vegetable Rips 100% Juice Slush	4 Asian Style Fish Nuggets with Rice Tasty BBQ Pork Rib Patty with Sub Bun Roasted Antigua Blend Vegetables Whole Kernel Corn Sweet Potato Casserole Orange Smiles Applesauce	5 Baked Spirals with Meat Sauce with Garlic Texas Toast Crispy Popcorn Chicken with Garlic Texas Toast Roasted Squash & Zucchini Sweet Peas & Carrots Marinated Cucumber- Tomato Salad Fresh Pears Fruited Gelatin
8 Homestyle Chicken Nuggets with Biscuit Salisbury Steak with Gravy with Dinner Roll Zesty Steamed Broccoli Buttered Carrots Oven Fried Potatoes Fresh Apple Sweet Pineapple Tidbits	9 Oven Roasted Chicken Fajita with Flour Tortilla Beef Taco with Flour Tortilla Salsa California Blend Vegetables Mexican Style Street Corn Cheesy Refried Beans Orange Smiles Fresh Banana	10 Chicken Tetrizzini with Garlic Texas Toast Cheese Pizza Pepperoni Pizza Italian Blend Vegetables Carrot Nibbles with Ranch Dip Manager's Choice Vegetable Fresh Apple Manager's Choice Fruit	11 Hamburger with Bun Nacho Burger Sauce Hot Ham & Cheese Sub Roasted Broccoli Buttered Carrots Potato Smiles Manager's Choice Vegetable Fresh Pears Mandarin Oranges	12 Golden Breaded Fish with Bun Pulled Pork BBQ with Bun Antigua Blend Vegetables Zesty Coleslaw Baked Beans Fresh Apple Chilled Peach Slices Glazed Donut Holes
15 Martin Luther King, Jr. Day <i>No School</i>	16 Nacho Grande Baja Chicken Cantina Nachos Fresh Pico de Gallo California Blend Vegetables Seasoned Black Beans Mexican Rice Mandarin Oranges Fresh Apple	17 Clarksville Club Cheese Pizza Slice Pepperoni Pizza Slice Zesty Steamed Broccoli Carrot Nibbles with Ranch Dip Manager's Choice Vegetable Orange Smiles Fresh Banana	18 Kick n' Chicken BBQ with Bun Country Fried Steak with Texas Toast Glazed Carrots Black-eyed Peas Mashed Potatoes Fresh Pears Chilled Peach Slices	19 Orange Chicken with Rice Hamburger with Bun Antigua Blend Vegetables Marinated Cucumber- Tomato Salad Waffle Fries Fresh Apple Chilled Pear Slices
22 Fiesta Macaroni with Garlic Texas Toast Homestyle Chicken Nuggets with Biscuit Glazed Carrots Seasoned Green Beans Oven French Fries Fresh Apple Chilled Pear Slices	23 Oven Roasted Chicken Fajita with Flour Tortilla Beef Taco with Flour Tortilla Salsa Mexican Style Street Corn Antigua Blend Vegetables Cheesy Refried Beans Orange Smiles Fresh Banana	24 Salisbury Steak with Gravy with Dinner Roll Cheese Pizza Slice Pepperoni Pizza Slice Rockin' Broccoli Roasted Bell Peppers & Onion Mashed Potatoes Orange Smiles Manager's Choice Fruit Cinnamon Roll	25 Pulled Pork BBQ with Bun Meatball Sub Green Bell Peppers & Tomato Wedges w/ Ranch Dip Buttered Carrots Baked Beans Zesty Coleslaw Fresh Apple Sweet Pineapple Tidbits	26 Hamburger with Bun Mozzarella-Stuffed Italian Breadsticks with Marinara California Blend Vegetables Carrot & Celery Nibbles with Ranch Dip Oven Fried Potatoes Marinated Cucumber- Tomato Salad Fresh Pears Chilled Peach Slices
29 Homestyle Chicken Nuggets with Biscuit Sloppy Joe with Bun Roasted Broccoli Glazed Carrots Waffle Fries Fresh Apple Chilled Pear Slices	30 Nacho Grande Baja Chicken Cantina Nachos Fresh Pico de Gallo California Blend Vegetables Mixed Beans Carrot Nibbles with Ranch Dip Mexican Rice Fresh Banana Chilled Peach Slices	31 Country Fried Steak with Texas Toast Cheese Pizza Pepperoni Pizza Zesty Steamed Broccoli Roasted Bell Peppers & Onion Tomato Wedges w/ Ranch Dip Mashed Potatoes Fresh Apple Sweet Pineapple Tidbits		

Lunch Prices: Elementary Full Pay \$2.65 • Middle/High Full Pay \$2.85 • Approved Reduced \$0.40 • Adults/Visitors \$3.50

A la Carte 1/2 Pint Milk: \$0.50 each, any flavor

Choice of fresh fruit, 100% juice, crisp side salad, and a variety of milk are offered daily! • Help yourself to delicious fruits and vegetables! In order to count as a reimbursable meal, each student must have 1/2 cup fruit or vegetable on their tray.

PB&J Sandwich offered as an entree option at lunch daily. • Nutrition information is available on page 2 • This institution is an equal opportunity provider.

January 2018 Pre-K & Elementary Lunch Menu Nutrition Information

Monday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Tuesday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Wednesday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Thursday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Friday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)
1		2		3		4		5	
Winter Break No School		Winter Break No School		Deep Dish Cheese Pizza Deep Dish Pepperoni Pizza Manager's Choice Entrée Zesty Steamed Broccoli Buttered Carrots Potato Smiles Manager's Choice Vegetable Rips 100% Juice Slush	330 12 7 33 600 310 10 3 35 470 35 0 0 7 20 34 0 0 8 102 130 4.5 0.5 20 180 60 0 0 15 25	Asian Style Fish Nuggets with Rice Tasty BBQ Pork Rib Patty with Sub Bun Roasted Antigua Blend Vegetables Whole Kernel Corn Sweet Potato Casserole Orange Smiles Applesauce	260 8 1.5 30 356 120 0 0 26 100 170 10 3.5 6 400 130 2 0 25 125 32 0 0 5 25 106 1 0 20 44 285 3.5 1.6 61 180 62 0 0 15 0 50 0 0 13 10	Baked Spirals with Meat Sauce with Garlic Texas Toast Crispy Popcorn Chicken with Garlic Texas Toast Roasted Squash & Zucchini Sweet Peas & Carrots Marinated Cucumber- Tomato Salad Fresh Pears Fruited Gelatin	334 12 5 31 539 110 1.5 0 20 170 207 11 2 13 400 110 1.5 0 20 170 32 0 0 6 92 68 0 0 12 112 21 0 0 5 317 63 0 0 3 1 183 2 2 40 143
8		9		10		11		12	
Homestyle Chicken Nuggets with Biscuit Salisbury Steak with Gravy with Dinner Roll Zesty Steamed Broccoli Buttered Carrots Oven Fried Potatoes Fresh Apple Sweet Pineapple Tidbits	170 8 2 9 396 250 12 6 31 490 202 15 6 6 253 140 2.5 1 32 80 35 0 0 7 20 34 0 0 8 102 135 4 1 23 377 55 0 0 14 0 80 0 0 20 0	Oven Roasted Chicken Fajita with Flour Tortilla Beef Taco with Flour Tortilla Salsa California Blend Vegetables Mexican Style Street Corn Cheesy Refried Beans Orange Smiles Fresh Banana	137 7 1 3 583 90 2.5 1.5 15 75 146 6 2 8 83 90 2.5 1.5 15 75 37 0 0 8 181 28 0 0 6 43 142 4 1 21 63 182 6 3 22 531 62 0 0 15 0 108 0 0 28 0	Chicken Tetrzzini with Garlic Texas Toast Cheese Pizza Pepperoni Pizza Italian Blend Vegetables Carrot Nibbles with Ranch Dip Manager's Choice Vegetable Fresh Apple Manager's Choice Fruit	262 13 6 22 478 110 1.5 0 20 170 300 11 5 33 440 335 14 6 33 555 41 0 0 7 51 85 5 1 8 160 55 0 0 14 0 55 0 0 14 0	Hamburger with Bun Nacho Burger Sauce Pepperoni Pizza Roasted Broccoli Buttered Carrots Potato Smiles Manager's Choice Vegetable Fresh Pears Mandarin Oranges	170 14 6 0 85 130 2 0 25 125 49 3 0 5 395 249 7.8 2.5 27 1029 38 0 0 8 100 34 0 0 8 102 130 4.5 0.5 20 180 63 0 0 3 1 52 0 0 13 5	Golden Breaded Fish with Bun Pulled Pork BBQ with Bun Antigua Blend Vegetables Zesty Coleslaw Baked Beans Fresh Apple Chilled Peach Slices Glazed Donut Holes	190 7 1 16 250 130 2 0 25 125 130 6 2 2 261 130 2 0 25 125 30 0 0 5 72 87 5 1 11 149 150 1.5 0 29 590 55 0 0 14 0 60 0 0 14 10 96 5 2 11 100
15		16		17		18		19	
Martin Luther King, Jr. Day No School		Nacho Grande Baja Chicken Cantina Nachos Fresh Pico de Gallo California Blend Vegetables Seasoned Black Beans Mexican Rice Mandarin Oranges Fresh Apple	413 19 4 42 549 404 20 2.5 37 1049 14 0 0 3 21 28 0 0 6 43 134 1 0 26 160 101 0 0 19 303 52 0 0 13 5 55 0 0 14 0	Clarksville Club Cheese Pizza Slice Pepperoni Pizza Slice Zesty Steamed Broccoli Carrot Nibbles with Ranch Dip Manager's Choice Vegetable Orange Smiles Fresh Banana	414 16 8 42 946 248 10 6 23 376 274 13 6 23 463 35 0 0 7 20 85 5 1 8 160 62 0 0 15 0 108 0 0 28 0	Kick n' Chicken BBQ with Bun Country Fried Steak with Texas Toast Glazed Carrots Black-eyed Peas Mashed Potatoes Fresh Pears Chilled Peach Slices	140 2.7 0 14 1063 130 2 0 25 125 300 19 6 16 450 110 1.5 0 20 170 62 0.6 0 15 78 75 0 0 15 480 107 4 1.6 16 137 63 0 0 3 1 60 0 0 14 10	Orange Chicken with Rice Hamburger with Bun Antigua Blend Vegetables Marinated Cucumber- Tomato Salad Waffle Fries Fresh Apple Chilled Pear Slices	257 11 2 24 510 120 0 0 26 100 170 14 6 0 85 130 2 0 25 125 30 0 0 5 72 21 0 0 5 317 140 5 1 22 80 55 0 0 14 0 60 0 0 14 5
22		23		24		25		26	
Fiesta Macaroni with Garlic Texas Toast Homestyle Chicken Nuggets with Biscuit Glazed Carrots Seasoned Green Beans Oven French Fries Fresh Apple Chilled Pear Slices	110 1.5 0 20 170 170 8 2 9 396 250 12 6 31 490 62 0.6 0 15 78 20 0 0 3 230 80 2.5 0.5 13 190 55 0 0 14 0 60 0 0 14 5	Oven Roasted Chicken Fajita with Flour Tortilla Beef Taco with Flour Tortilla Salsa Mexican Style Street Corn Antigua Blend Vegetables Cheesy Refried Beans Orange Smiles Fresh Banana	137 7 1 3 583 90 2.5 1.5 15 75 146 6 2 8 83 90 2.5 1.5 15 75 37 0 0 8 181 142 4 1 21 63 30 0 0 5 72 182 6 3 22 531 62 0 0 15 0 108 0 0 28 0	Salisbury Steak with Gravy with Dinner Roll Cheese Pizza Slice Pepperoni Pizza Slice Rockin' Broccoli Roasted Bell Peppers & Onion Mashed Potatoes Orange Smiles Manager's Choice Fruit Cinnamon Roll	202 15 6 6 253 140 2.5 1 32 80 248 10 6 23 376 274 13 6 23 463 24 2 0.2 2 49 51 2 0 7 3 107 4 1.6 16 137 62 0 0 15 0 113 0.5 0 25 70	Pulled Pork BBQ with Bun Meatball Sub Green Bell Peppers & Tomato Wedges w/ Ranch Dip Buttered Carrots Baked Beans Zesty Coleslaw Fresh Apple Sweet Pineapple Tidbits	130 6 2 2 261 130 2 0 25 125 393 19 7 34 798 75 5 1 5 122 34 0 0 8 102 150 1.5 0 29 590 87 5 1 11 149 55 0 0 14 0 80 0 0 20 0	Hamburger with Bun Mozzarella-Stuffed Italian Breadsticks with Marinara California Blend Vegetables Carrot & Celery Nibbles with Ranch Dip Oven Fried Potatoes Marinated Cucumber- Tomato Salad Fresh Pears Chilled Peach Slices	170 14 6 0 85 130 2 0 25 125 330 12 6 36 570 28 0 0 6 43 79 5 1 6 167 135 4 1 23 377 21 0 0 5 317 63 0 0 3 1 60 0 0 14 10
29		30		31		Disclaimer: The nutrition information provided is an estimate of the nutrition content within the menu items, and therefore should be used for general information only. Due to product substitutions and changes, nutrition content may vary. Please contact the cafeteria manager if you need additional information.			
Homestyle Chicken Nuggets with Biscuit Sloppy Joe with Bun Roasted Broccoli Glazed Carrots Waffle Fries Fresh Apple Chilled Pear Slices	170 8 2 9 396 250 12 6 31 490 144 6 2 9 231 130 2 0 25 125 38 0 0 8 100 62 0.6 0 15 78 140 5 1 22 80 55 0 0 14 0 60 0 0 14 5	Nacho Grande Baja Chicken Cantina Nachos Fresh Pico de Gallo California Blend Vegetables Mixed Beans Carrot Nibbles with Ranch Dip Mexican Rice Fresh Banana Chilled Peach Slices	413 19 4 42 549 404 20 2.5 37 1049 14 0 0 3 21 28 0 0 6 43 101 0 0 19 303 85 5 1 8 160 101 0 0 19 303 108 0 0 28 0 60 0 0 14 10	Country Fried Steak with Texas Toast Cheese Pizza Pepperoni Pizza Zesty Steamed Broccoli Roasted Bell Peppers & Onion Tomato Wedges w/ Ranch Dip Mashed Potatoes Fresh Apple Sweet Pineapple Tidbits	300 19 6 16 450 110 1.5 0 20 170 300 11 5 33 440 335 14 6 33 555 35 0 0 7 20 51 2 0 7 3 77 5 1 5 123 107 4 1.6 16 137 55 0 0 14 0 80 0 0 20 0				

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