

Preston Elementary January Lunch Menu

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What Makes a Meal?

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

- Choice of Meat or Meat Alternate
- Choice of Vegetable, Choice of Fruit*
- Choice of Grain/Bread,
- and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:

- Crisp Apple
- Sliced Peaches
- Mixed Fruit
- Fresh Orange
- Banana
- Pineapple Tidbits
- Diced Peas
- Applesauce

*May choose one 1/2 cup servings

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free White and Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
9 "Thick and Tasty" Cheese Burger Emoji Fries Apple Sauce Fat Free Milk	10 Grilled Cheese Tomato Soup Steamed Broccoli Mandarin Oranges Fat Free Milk	11 Mac and Cheese Slice Bread X-Ray Vision Carrots Sliced Pear Fat Free Milk PIZZA DIPPER MUNCHABLE	12 Beef Tacos Seamed Rice Steamed Green Beans Mandarin Oranges Fat Free Milk	13 Cheese Pizza Steam Corn Juicy Diced Peaches Fat Free Milk	Ham & Cheese Sandwich Turkey and Cheese Sandwich Hot Wing Hoagie Breaded Chicken Caesar Dinner Roll Peanut butter and Jelly Fruited Yogurt Sunflower Seeds
16 Chicken Tenders Sliced Bread Slice Carrots Raisins Low Fat Milk	17 BRUNCH FOR LUNCH Buttermilk Pancakes Sausage Patties Tater Tots Warm Cinnamon Apple Slices Low Fat Milk	18 Pasta and Meat Sauce Slice Bread Power Punch Broccoli Juicy Blueberries Low Fat Milk HAM AND CHEESE MUNCHABLE	19 Grilled Cheese Tomato Soup Seasoned Green Beans Diced Peas Low Fat Milk	20 Deep Dish Pizza Green Peas Mandarin Oranges Low Fat Milk	Ham & Cheese Sandwich Turkey and Cheese Sandwich Hot Wing Hoagie Chef Salad Dinner Roll Peanut butter and Jelly Fruited Yogurt Sunflower Seeds
23 Chicken Nuggets Slice Bread Emoji Fries Mandarin Orange Low Fat Milk	24 Hot Dog on a bun Power Punch Broccoli Raisins Low Fat Milk	25 12:30 Dismissal BRUNCH FOR LUNCH French Toast Sticks Sausage Patty Tater Tots Warm Cinnamon Apple Slices Low Fat Milk	26 Cheese Steak Hoagie Bread Slice Seasoned Green Beans Juicy Peaches Low Fat Milk	27 French Bread Pizza X-Ray Vision Carrots Apple Sauce Low Fat Milk	Ham & Cheese Sandwich Turkey and Cheese Sandwich Hot Wing Hoagie Breaded Chicken Caesar Dinner Roll Peanut butter and Jelly Fruited Yogurt Sunflower Seeds
30 Chicken Patty on a Bun Baked Beans Mandarin Oranges Low Fat Milk	31 Pasta and Meat Sauce Slice Bread Seasoned Green Beans Pineapple Tidbits Low Fat Milk	FEB 1 Turkey and Gravy Dinner Roll Mashed Potatoes Apple Crisp Low Fat Milk NACHO AND CHEESE MUNCHABLE	2 Deep Dish Pizza Carrot Coins Pineapple Tidbits Low Fat Milk	3 Pizza Sticks Dipping Sauce French Fries Apple Sauce Low Fat Milk	Ham & Cheese Sandwich Turkey and Cheese Sandwich Hot Wing Hoagie Chef Salad Dinner Roll Peanut butter and Jelly Fruited Yogurt Sunflower Seeds
6 Pierogies Sliced Bread Mixed Vegetables Cinnamon Apple Slices Low Fat Milk	7 Chicken Nuggets Slice Bread Juicy Peaches Steamed Green Beans Low Fat Milk	8 "Thick and Tasty" Cheese Burger Mix Fruit French Fries Low Fat Milk CHICKEN NUGGET MUNCHABLE	9 Grilled Cheese Tomato Soup X-Ray Vision Carrots Raisins Low Fat Milk	10 Homemade Pizza Seasoned Green Beans Mandarin Oranges Low Fat Milk	The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

Lunch Prices:
Paid K-5 \$2.60
Paid 6-8 \$2.85
Reduced \$.40