

FOOD friends FUN 2012 January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Last Day Winter Break! No School!	3 Meatball Sub Hamburger or Cheeseburger on Bun Mixed Vegetables	4 Chicken Parm Sandwich French Toast Sticks w/ Egg Hash Brown Patty	5 Beef Nachos Chicken Nuggets w/ Roll Refried Beans	6 Hot Dog Cheese Pizza Cole Slaw
Featuring This Week: Chicken Salad Sandwich or Tossed Salad with Yogurt and Roll				
9 Meatless Monday! Pretzel & Yogurt Chili Cheese Nachos Potato Wedges	10 Chicken Fajita w/ Rice Hamburger or Cheeseburger on Bun Pumpkin Parfait	11 Grilled Chicken Breast Sandwich French Toast w/Egg Warm Cinnamon Apples	12 Chicken Pot Pie Chicken Tender w/ Roll White Bean Dip w/ Pita Chips	13 Chicken Noodle Soup w/ Grilled Cheese Pizza Stick Roasted Sweet Potato
Featuring This Week: Turkey & Cheese or Chicken Ranch Salad w/ Roll				
16 Dr. Martin Luther King Jr. Day! No School	17 Chicken Patty Sandwich Hamburger or Cheeseburger on Bun Baked Beans	18 Chicken Parm Poms Waffle Sticks w/ Egg Home Fries	19 Soft Taco w/ Rice Chicken Nuggets w/ Roll Mexican Corn	20 Popcorn Chicken w/ Roll White Pizza Fingers Waldorf Salad
Featuring This Week: Ham & Cheese or Chicken Caesar Salad w/ Roll				
23 Hot Dog Chicken Patty Green Beans	24 American Chop Suey w/ Roll Hamburger or Cheeseburger on Bun Side Salad	25 Grilled Chicken Breast Sandwich French Toast Sticks w/ Sausage Warm Cinnamon Apples	26 Beef Quesadilla Chicken Tender w/ Roll Carrot Coins	27 BBQ Pulled Pork Sandwich Pizza Sticks BBQ Beans
Featuring This Week: Chicken Caesar Salad Wrap or Tossed Salad w/ Cheese Stick and Roll				
30 Meatless Monday! Pretzel & Yogurt Tomato Soup w/ Grilled Cheese Goldfish Crackers	31 Lasagna Hamburger or Cheeseburger on Bun Caesar Side Salad	1 BBQ Chicken Sandwich Waffle Sticks w/ Egg Home Fries	2 Chicken Nuggets w/ Roll Chic Peas	3 Fish Sandwich Cheese Pizza Roasted Potato
Featuring This Week: Chicken Ranch Wrap or Chef Salad w/ Roll				

More Info...

Breakfast
Paid \$1.25
Reduced \$0.30

Lunch
Paid \$2.25
Reduced \$0.40

We incorporate
Whole Grains & Fresh
RI produce
When possible

Skim, Low fat milk,
Coffee Milk and
Chocolate milk
available daily

Questions?
Please contact
Tricia Wright
Food Service Director
401-568-1360
wrightt@bsd-ri.net

Pre-payments are
welcome &
recommended

Please, make checks
payable to:
Scituate Nutrition
Services

Pay online at
www.mynutrikids.com

SCITUATE ELEMENTARY LUNCH MENU

Cool Caf
Cool. Fun. Friends.

nutrition

- Balance calories
- Enjoy your food, but eat less
- Make half your grains whole grain
- Eat more vegetables, fruits, whole grains, and fat-free or low-fat dairy products
- Make half your grains whole grain
- Cut back on foods high in sodium, added sugars, and fat
- Switch up fat from saturated to unsat.
- Avoid oversized portions
- Compare sodium in foods
- Drink water instead of sugary drinks

Choose **MyPlate.gov**

Make physical activity a regular part of your day!

Menus are subject to
change without notice.

