



Laconia Elementary School Menu - February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast Bar, Yogurt and String Cheese</i>	<i>Ham and cheese on whole grain</i>	<i>Bagel, CC, yogurt, and string cheese</i>	<i>Tuna Salad on Whole Grain</i>	<i>SunButter & jelly on WG & yogurt</i>
		<p>All meals served with choice of skim, 1% or fat-free flavored milk.</p>	<p>Free morning snacks for all elementary students provided by the:</p> <p>Fruits and Vegetables Program</p> 	<p>1</p> <p>Pizza Sticks Marinara dipping sauce Salad bar Choice of fruit Mixed fruit cup</p>
4	5	6	7	8
<p>Teriyaki Chicken dippers Brown rice Broccoli Salad bar Choice of fruit</p>	<p>Spaghetti & Meatsauce Texas toast Salad bar Choice of fruit</p>	<p>French Toast Sticks Hash Brown Patty Lite Sausage Links Dried cranberries Fresh Fruit on the Salad Bar</p>	<p>Beef & Cheese Nachos Salsa, Sour Cream Brown Rice Kidney beans Chilled mixed fruit</p>	<p>Cheese or Pepperoni WG Galaxy Pizza Salad bar Choice of fruit Chef's choice dessert</p>
11	12	13	14	15
<p>Chicken nuggets White whole grain roll Potato puffs Cole slaw Choice of fruit</p>	<p>Hamburger or Cheeseburger Whole grain bun Lettuce, tomato Oven fries Choice of fruit</p>	<p>Hot dog on a Whole grain bun Baked beans Sweet potato puffs Choice of fruit</p>	<p>Chicken burger Whole grain bun Lettuce, tomato Salad bar Potato SMILES Choice of fruit</p>	<p>Gill's Fresh School Baked Pizza Salad bar Choice of fruit Chef's choice dessert</p>
18	19	20	21	22
<p>Turkey Corn dog Baked beans Salad bar Oven fries Dried cranberries Choice of fruit</p>	<p>Meatball sub Whole grain roll Potato puffs Salad bar Steamed broccoli Choice of fruit</p>	<p>Beef Shepherd's Pie White Whole Grain Roll Carrot & celery sticks Ranch dip Choice of fruit</p>	<p>Soft shell beef taco Lettuce, tomato, Cheese Salsa, sour cream Kidney beans Chilled pineapple</p>	<p>Cheese or Pepperoni WG French bread pizza Salad bar Choice of fruit Chef's choice dessert</p>


Breakfast
Mondays
<p>Choice of cold cereal Freshly baked muffin Fresh or chilled fruit Juice and milk</p>
Tuesdays
<p>French toast bites Lite sausage links Fresh or chilled fruit Juice and milk</p>
Wednesdays
<p>Fresh baked Whole grain cinnamon roll Fresh or chilled fruit Juice and milk</p>
Thursdays
<p>Scrambled eggs Lite sausage links Toast or English muffin Fresh or Chilled Fruit Juice and Milk</p>
Fridays
<p>Bacon, egg & cheese breakfast sandwich Hash brown patty Fresh or chilled fruit Juice and milk</p>
<p><i>Assorted cold cereal, toast, bagel or English muffin available every day.</i></p>
<p>Meal Prices:</p> <p>Lunch: \$2.90, Reduced \$.40, Adult \$3.50 Breakfast: \$1.75, Reduced \$.30, Adult \$2.50. Cold Lunch Milk \$.50</p>



Have a Great Winter Vacation!



Free after school snacks and suppers available to all students participating in PM activities sponsored by:



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