


# Laconia Elementary School Menu - January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Bar, Yogurt and String Cheese</b>				
<b>Turkey, lettuce, tomato on whole grain</b>				
<b>Bagel, CC, yogurt, and string cheese</b>				
<b>Tuna Salad on Whole Grain</b>				
<b>SunButter &amp; jelly on WG &amp; yogurt</b>				
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>4</b>
<b>All meals served with choice of skim, 1% or fat-free flavored milk.</b>		Beef & Cheese Nachos Salsa, Sour Cream Brown Rice Kidney beans Choice of fruit	Spaghetti & Meatsauce Texas toast Salad bar Mixed fruit cup Choice of fruit	Cheese or Pepperoni WG Galaxy Pizza Salad bar Choice of fruit CC Cookie
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Teriyaki Chicken dippers Brown rice Broccoli Salad bar Choice of fruit	Beef Shepherd's Pie White Whole Grain Roll Carrot & celery sticks Ranch dip Choice of fruit	Hamburger or Cheeseburger Lettuce, tomato Oven fries Mixed fruit cup Choice of fruit	Chicken Snack Wrap Potato puffs Lettuce, Tomato, Cheese, Salsa Baked beans Choice of fruit	<b>Gill's Fresh School Baked Pizza</b> Salad bar Choice of fruit Chef's choice dessert
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Chicken nuggets White whole grain roll Potato puffs Broccoli Choice of fruit	Turkey Corn dog Baked beans Salad bar Oven fries Choice of fruit	American Chop suey Whole grain breadstick Baby carrots Ranch dip Choice of fruit	Soft shell beef taco Lettuce, tomato, Cheese Salsa, sour cream Kidney beans Chilled pineapple	Cheese or Pepperoni WG French bread pizza Salad bar Choice of fruit Chef's choice dessert
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	Chicken sliders Whole grain bun Potato puffs Coleslaw Choice of fruit	Meatball sub Whole grain roll Potato puffs Salad bar Choice of fruit	 <b>Chef's Choice</b>	 <b>TEACHER WORKSHOP</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Chicken burger Whole grain bun Lettuce, tomato Salad bar Potato SMILES Choice of fruit	Hot dog on a Whole grain bun Baked beans Sweet potato puffs Choice of fruit	Hamburger or Cheeseburger Lettuce, tomato Oven fries Choice of fruit	French toast sticks Hash brown patty Lite sausage links Fresh fruit on the salad bar	Free morning snacks for ALL elementary students provided by the: Fruits and Vegetables Program 

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

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



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