

School Lunch January 2013

Contributed by Administrator
Thursday, 10 January 2013

Caywood Elementary Cafeteria

2013 January

Meal

1-Jan
2-Jan
3-Jan
4-Jan

Breakfast CES

French Toast / Juice
Breakfast Pizza / Juice

LUNCH

Chicken Noodle or
Teriyaki Chicken w/

Fish
Whole Grain Noodles or

Mustard Greens
Grilled Cheese Sandwich

New Yearas Day
Staff Development
White Beans
Steamed Vegetables

No School

No School
Hushpuppies
Baked Squash

Fruit Cups
Fruit Cup

Hoppin 'n' Poppin
Special
Yogurt & Muffin
Special

Choice of Milk
Choice of Milk

Meal
7-Jan
8-Jan
9-Jan
10-Jan
11-Jan

Breakfast CES
Sausage & Biscuit / Juice
Breakfast Bites/ Juice
Chicken & Biscuit / Juice
Pancakes/Juice
Breakfast Pizza / Juice

Lunch
Hamburger
Chicken Nuggets
Beef Fingers or
Corn Dogs or
Chicken Noodle or

Chicken Salad Sandwich
Hamburger Steak w/ Gravy
Grilled Chicken Patty
Tuna Salad w/ Goldfish Crackers
Fish

Lettuce/ Tomato/ Pickles

English Peas
Steamed Broccoli
3 - Bean Salad
Mustard Greens

Krinkle Cut Fries
Creamed Potatoes
Corn Cobbett
Fresh Veggies w/ Dip
White Beans

Orange Wedges
Diced Peaches
Pears
Fritos
Hushpuppies

Whole
Roll
Whole Grain Bread Stick
Apple Wedges
Fruit Cups

Chef Salad
Chef Salad
Chef Salad
Tuna Salad
Chef Salad

Choice of Milk
Choice of Milk
Choice of Milk
Choice of Milk
Choice of Milk

Meal
14-Jan
15-Jan
16-Jan
17-Jan
18-Jan

Breakfast CES
Sausage & Biscuit / Juice
Breakfast Bites/ Juice
Chicken & Biscuit / Juice
Yogurt &
Muffins/Juice
Breakfast Pizza / Juice

Lunch

Burrito Chili Max Wrap
Corn Dogs or
Pepperoni Pizza
Chicken Quesadilla
Spaghetti w/ Meat Sauce

Sweet & Sour Chicken w/
Tuna Salad w/ Goldfish Crackers
Chicken Salad Sandwich
w/ Salsa Cups
or Baked Ham w/

Whole Grain Rice
3 - Bean Salad
Fresh Tossed Salad
Turkey Deli Sandwich
Whole Grain Roll

Stir Fry Vegetables
Fresh Veggies w/ Dip
Baked Vegetable Sticks
Lettuce/ Tomato/Cheese
Lima Beans

Whole Kernel Corn
Fritos
Dressing Cup
Potato Fries
Broccoli Salad

Pineapple Tidbits
Fruit Cup
Strawberries
Bananas W/ Glaze
Applesauce

Chef Salad
Baked Potato &
Salad
Chicken Salad
Chef Salad
Chef Salad

Choice of Milk
Choice of Milk
Choice of Milk
Choice of Milk
Choice of Milk

Meal

21-Jan
22-Jan
23-Jan
24-Jan
25-Jan

Breakfast CES
Sausage & Biscuit / Juice
Breakfast Bites/ Juice
Chicken & Biscuit / Juice
Oatmeal//Juice
Breakfast Pizza / Juice

Lunch
Beef Fingers or
Chicken Nuggets
Chicken Vegetable
Soup
Cheeseburger or
Teriyaki Chicken w/

Grilled Chicken Patty
Hamburger Steak w/ Gravy
Choice of Sandwich
Tuna Salad Sandwich
Whole Grain Noodles or

Purple Hull Peas
English Peas
Dill Pickle Spear
Lettuce/ Pickles/Tomato
Grilled Cheese Sandwich

Corn Cobette
Creamed Potatoes
Carrot Sticks
Krinkle Kut Fries
Steamed Vegetables

Orange Wedges
Diced Peaches
Apple Wedges
Baked Beans
Baked Okra

Whole Grain Bread Stick
Whole
Roll
Whole Grain Crackers
Pineapple Tidbits
Fruit Cup

Chef Salad
Sante Fe Salad
Chef Salad
Tuna Salad
Chef Salad

Choice of Milk
Choice of Milk
Chef Salad
Choice of Milk
Choice of Milk

Meal
28-Jan
29-Jan
30-Jan
31-Jan
1-Feb

Breakfast CES
Sausage & Biscuit / Juice
Breakfast Bites/ Juice
Chicken & Biscuit / Juice
French Toast/Juice
Breakfast Pizza / Juice

Lunch
Chicken Noodle or
Pepperoni Pizza
Taco Salad W/ Fritos
Hamburger
Chicken Nuggets

Fish
Chicken Salad Sandwich
Shred Lettuce & Cheese
Chicken Salad Sandwich
Hamburger Steak w/ Gravy

Mustard Greens
Fresh Tossed Salad
Diced Tomatoes & Salsa Cups
Lettuce/ Tomato/ Pickles
English Peas

White Beans
Carrot Sticks w/ Dip
Ham Sandwich
Krinkle Cut Fries
Whole Kernael Corn

Hushpuppies
Dressing Cup
Refried Beans
Orange Wedges
Diced Peaches

Fruit Cups
Strawberries
Dried Pears

Whole
Roll

Chef Salad
Chef Salad
Taco Salad
Chef Salad
Chef Salad

Choice of Milk
Choice of Milk
Choice of Milk
Choice of Milk
Choice of Milk

Chef Salad or Specialty Salads will be offered daily as an alternative lunch choice for all grades.

2oz meat/meat alternate

Minimum 3/4 cup serving
of vegetable/fruit

1-2 Bread Servings
(Maximum of 9 per week)
1 cup Milk (Choice of: 1%
/ Fat Free White Milk or 1% Flavored Milk)

"This institution is a an equal opportunity provider."