



Serving Only
Hormone Free Milk

January

Lunch Menu

Due: December 15

Please circle **EITHER** meal that is in **bold**

LAST NAME FIRST NAME GRADE TEACHER

letters on any given day.

LUNCHES ORDERED : _____ X \$3.25 (Full) \$.40 (Reduced) =

_____ Check # _____ SchoolCafe # _____

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 Cheeseburger on Whole Grain Bun	3 Chicken Fajitas on WG Tortillas	4 Cheesesteak Sandwich on Whole Grain Steak Roll	5 Personal Pizza
	Sun Butter & Jelly Sandwich (V)	Egg Salad Sandwich (V)	Greek Salad (V)	Fresh Vegetable Stir Fry (V)
	Seasoned Corn	Chilled Black Bean & Corn Salad	Sweet Potato Fries	Parmesan Broccoli
8 Turkey Ham & Cheese Pretzel Melt w/ Mustard	9 Cheesy Lasagna Roll Ups	10 Meatball Sub on Whole Grain Steak Roll	ITALIAN FESTIVAL <i>Chicken Alfredo w/ Garden salad and a cookie</i> <i>Alfredo w/ garden salad</i>	12 Chicken Salad Sandwich
Pizza Pretzel Melt (V)		Southwest Veggie Wrap (V)		Bell Pepper Boat (V)
Chilled Baby Carrots with Ranch	Pennsylvania Select Vegetables	Seasoned French Fry Sticks		Cajun Black Beans
15 No School	16 Pierogies w/ side Meat Sauce	17 Pizza Crunchers Fresh Fruit	18 Broccoli Chicken & Cheddar Spuds	19 Turkey Burger on Whole Grain Bun
			Veggie Burger (V)	Black Bean Burrito (V)
	Broccoli	Roasted Sweet Potatoes	Garbanzo Bean Salad	Tator Tots
22 Turkey Hot Dog on Whole Grain Bun	23 Macaroni & Cheese W/ Chicken Tenders	24 Sloppy Joe on Whole Grain Bun	25 Oven Baked BBQ Chicken Whole Grain Biscuit	26 Personal Pizza
Fruit & Cheese Tray (V)	WG Ravioli w Marinara (V)	Spicy Vegetarian Burger Wrap (V)	Vegetarian Tacos (V)	Baked Penne (V)
Cajun Black Beans	Italian Stewed Tomatoes	Garlic & Herb Roasted Potatoes	Creamy Cole Slaw	Garden Salad
29 Chicken Nuggets w/ Dipping Sauce	30 Super Beef Nacho Supreme Tortilla Chips	31 Pulled Turkey BBQ	1	Milk Selections Choice of 8oz Milk Offered Daily 1% Plain Fat Free Plain Fat Free Chocolate Fresh Fruit Selections 1c of Fresh Fruit Offered Daily Apple Banana Pear Orange
Greek Salad Wrap (V)	Veggie Nacho Supreme (V)	Spaghetti & Spinach Pesto (V)		
Seasoned French Fry Sticks	Celery Sticks with Ranch	Chilled Baby Carrots with Ranch		

This institution is an equal opportunity Provider

Choose healthy snacks to keep you energized!

You can fit extra nutrients in your diet by choosing healthy snacks! Snack on fruits and vegetables to keep you strong and focused all day!

LINTONS
Food Service Management
www.lintonsfoodservice.com

Halal & Kosher Menu options available upon request



Make your Plate a Healthy Plate.
Reach for nutritious Snacks.





Serving Only
Hormone Free Milk

Bagged Breakfast Menu

No Pork
Products
Served

Due: December 15

Please circle **EITHER** meal that is in **bold**

LAST NAME

FIRST NAME

GRADE

TEACHER

letters on any given day.

BREAKFASTS ORDERED : _____ X \$2.00 (Full) \$.40 (Reduced) = _____

Check # _____ o # # _____

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 Assorted Cereal Graham Cracker Fresh Fruit Choice Of Milk	3 Lemon Chip Crisp Bars Fresh Fruit Choice Of Milk	4 Fruit Frudel Fresh Fruit Choice Of Milk	5 Assorted Granola Bars Mozzarella String Cheese Fresh Fruit Choice Of Milk
8 Mini Alphabet Treats Strawberry Go-Gurt Fresh Fruit Choice Of Milk	9 Mini Cinni's Fresh Fruit Choice Of Milk	10 WG Apple Cinnamon Muffin Assorted Yogurt Fresh Fruit Choice Of Milk	11 Mini Pancakes Fresh Fruit Choice Of Milk	12 Assorted Cereal Graham Cracker Fresh Fruit Choice Of Milk
15 No School	16 Cream Cheese Stuffed Bagels Fresh Fruit Choice Of Milk	17 Assorted Breakfast Rounds	18 Mini French Toast Fresh Fruit Choice Of Milk	19 Whole Grain Corn Muffin Fresh Fruit Choice Of Milk
22 WG Banana Muffin Assorted Yogurt Fresh Fruit Choice Of Milk	23 Fruit Frudel Fresh Fruit Choice Of Milk	24 Mini Alphabet Treats Strawberry Go-Gurt Fresh Fruit Choice Of Milk	25 Mini Cinni's Fresh Fruit Choice Of Milk	26 Assorted Cereal Graham Cracker Fresh Fruit Choice Of Milk
29 Lemon Chip Crisp Bars Fresh Fruit Choice Of Milk	30 Mini Pancakes Fresh Fruit Choice Of Milk	31 WG Chocolate Chip Muffin Assorted Yogurt Fresh Fruit Choice Of Milk	Milk Selections Choice of 8oz Milk Offered Daily 1% Plain Fat Free Plain Fat Free Chocolate Fresh Fruit Selections 1c of Fresh Fruit Offered Daily Apple Pear Banana Orange	Cold Cereal Selections Berry Kixx Honey Nut Scooters WG Chex Raisin Bran Toasty O's

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Healthy Breakfast's that work!

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