

**Tonawanda CSD K-5
Lunch Menu**



January 2017



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Weekly Salad Special
Chef Salad

2

**Winter
Recess**

Weekly Salad Special
Spinach Salad

9

Basket of Favorites
(Mozzarella Sticks &
Chicken Nuggets)
Veggie Beans or
Mixed Vegetables
Fresh Fruit or
Pineapple Tidbits

Weekly Salad Special
Chef Salad

Choose 3 to 5 components each day, which may include 1 entree. One of the components must be a fruit or vegetable.

**Dr. Martin Luther King
Jr. Day**



No School

Weekly Salad Special
Peppi Pizza Salad

23

Cheeseburger

Baked Beans or
Sweet Potatoes
Fresh Fruit or
Pineapple Tidbits

Weekly Salad Special
Chicken Nugget Salad

30

**Chicken Patty
On a Bun**

Carrot Coins or
Broccoli
Fresh Fruit or
Mandarin Oranges

3

**Chicken Nuggets
w/ Dinner Roll**

Green Beans
or Zucchini
Fresh Fruit or Peaches

10

**Chicken Patty
Sandwich**

Broccoli or
Green Beans
Fresh Fruit or Peaches

4

Hot Dog on a Bun

Baked Oven Fries
or Spinach
Fresh Fruit or
Applesauce

11

Macaroni & Cheese

Corn Niblets
or Celery Sticks
Applesauce
or Chilled Juice

5

**Twin Tacos
w/ Rice**

Corn Niblets
Or Garbanzo Beans
Fresh Fruit or
Peaches

12

Taco in a Bag

Romaine Salad
or Cauliflower
Fresh Fruit or Peas

6

Pepperoni Pizza

Tossed Romaine Salad
or Steamed Carrots
Fresh Fruit or
Assorted Mixed Fruit

13

Cheese Pizza

Sweet Green Peas or
Carrot Coins
Fresh Fruit or
Assorted Fruit Cup

18

**Grilled Cheese
Sandwich**

Tomato Soup and
Carrots
Fresh Fruit or
Applesauce

19

**Beef & Cheese
Nachos**

Green Beans or Zesty
Garbanzo Beans
Fresh Fruit or Peaches

20

Pepperoni Pizza

Tossed Romaine Salad
or Brussel Sprouts
Fresh Fruit or
Assorted Mixed Fruit

25

**French Toast Sticks
w/ Sausage & Syrup**

Baked Oven Fries
or Celery Sticks
Cinnamon Applesauce
or Chilled Juice

26

**Soft Shell Tacos
w/ Rice**

Broccoli
or Corn Niblets
Fresh Fruit or Peas

27

Cheese Pizza

Green Beans or
Fresh Cucumbers Slices
Fresh Fruit or
Assorted Mixed Fruit

31

**Meatball Hoagie
w/ Mozzarella**

Tossed Romaine Salad
or Brussel Sprouts
Fresh Fruit or Peaches



Cold Entrée Offerings:

Mon – Ham & Cheese
Sandwich
Tues – Turkey & Cheese
Sandwich
Wed – Yogurt Lunch
Thurs – Super Hero Sub
Fri – Tuna Sandwich

**Lunch Price - \$1.75
Milk Price - \$.50**

**Meal Components:
Protein, Grain, Fruit,
Vegetable, Milk
All grains are
whole grain rich.**

Choice of Milk Available with Lunch:

Low-Fat White, Fat Free White, Fat Free Chocolate

Available Daily

Peanut Butter & Jelly Sandwich/Cheese Sandwich

Baby Carrots (1/4 c)

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