

## JANUARY 2019 ELEMENTARY BREAKFAST AND LUNCH MENU

		LUNCH FRUIT AND VEGGIE BAR OFFERED DAILY			
<p><b>Grab and Go Options</b>  <b>Monday and Friday</b>  <i>PBJ Pack</i>  <b>Tuesday and Thursday</b>  <i>Yogurt Pack</i>  <b>Wednesday</b>  <i>Chef Salad</i></p>	<p>Unlimited fruits and vegetables and choice of white or chocolate skim milk available daily.</p> <p>Each student is required to have ½ cup of fruit or vegetable on their tray.</p>		<p><b>3 Breakfast: French Toast Sticks</b></p> <p>Pork Tenderloin  <i>Alt: Taco Salad</i>                      Broccoli w/ Cheese Sauce</p>	<p><b>4 Breakfast: Long John</b></p> <p>Corndog  <i>Alt: Turkey BLT Wrap</i>                      French Fries                      Fresh Baked Cookie</p>	
<p><b>7 Breakfast: Pancake Sausage Stick</b></p> <p>Popcorn Chicken  <i>Alt: Beef and Noodles</i>                      Mashed Potatoes                      Homemade Bread</p>	<p><b>8 Breakfast: Breakfast Pizza</b></p> <p>Mr. Rib  <i>Alt: Breakfast Sandwich</i>                      Tri Tator</p>	<p><b>9 Breakfast: Breakfast Sandwich</b></p> <p>Pizza Crunchers w/ Marinara Sauce  <i>Alt: Potato Bacon Soup w/ Breadstick</i>                      Corn                      Jello</p>	<p><b>10 Breakfast: Pancakes</b></p> <p>K-3 Homestyle Chicken Noodle Soup                      4-6 Chili  <i>Alt: Baked Potato w/ Ham and Cheese Sauce</i>                      Fresh Melon                      Cinnamon Roll</p>	<p><b>11 Breakfast: Mini Donuts</b></p> <p>Walking Taco  <i>Alt: Crispy Chicken on a Bun</i>                      Sweet Potato Puffs                      Churro</p>	
<p><b>14 Breakfast: Breakfast Slider</b></p> <p>Bosco Breadsticks w/ Marinara Sauce  <i>Alt: Mandarin Orange Chicken w/ Rice</i>                      Oven Roasted Veggies                      Fresh Baked Cookie</p>	<p><b>15 Breakfast: Sausage Gravy w Biscuit</b></p> <p>Hamburger  <i>Alt: Meatball Sub</i>                      Potato Salad                      Baked Beans</p>	<p><b>16 Breakfast: Mini Cinni</b></p> <p>Tomato Soup                      Toasted Cheese  <i>Alt: Taco Pizza</i>                      Fruit Cup</p>	<p><b>17 Breakfast: French Toast Sticks</b></p> <p>Pasta w/ Meat Sauce  <i>Alt: Pasta w/ Chicken Alfredo Sauce</i>                      Caesar Salad                      Garlic Twist Breadsticks</p>	<p><b>18 Breakfast: Long John</b></p> <p>Grilled Chicken on a Bun  <i>Alt: French Dip Sandwich</i>                      Tator Tot                      Homemade Peach Crisp</p>	
<p><b>21 Breakfast: Pancake Sausage Stick</b></p> <p>Chicken Tenders  <i>Alt: Fish Sandwich</i>                      Cheesy Hashbrowns                      Homemade Bread</p>	<p><b>22 Breakfast: Breakfast Pizza</b></p> <p>Creamy Mac and Cheese                      Shrimp Poppers  <i>Alt: Beefburger</i>                      Seasoned Peas                      Trail Mix</p>	<p><b>23 2 Hour Late Start No Breakfast</b></p> <p>Personal Pizza  <i>Alt: Beef Pot Pie</i>                      Corn                      Spinach Salad                      Sherbet</p>	<p><b>24 Breakfast: Pancakes</b></p> <p>Hot Dog  <i>Alt: Cook's Choice</i>                      SunChips                      Brownie</p>	<p><b>25 Breakfast: Mini Donuts</b></p> <p>Crispito  <i>Alt: Hot Ham and Cheese</i>                      Taco Toppings/Tortilla Chips                      Refried Beans                      Peanut Butter Crunch Bar</p>	
<p><b>28 Breakfast: Breakfast Slider</b></p> <p>Cheesy Flatbread  <i>Alt: General Tso Chicken w/ Rice</i>                      Stir Fry Veggies                      Angel Food Cake w/ Strawberries</p>	<p><b>29 Breakfast: Sausage Gravy w/ Biscuit</b></p> <p>Flying Saucer (Ham, Mashed Potatoes, Cheese Sauce)  <i>Alt: Chicken Ranch Pizza</i>                      Fresh Baked Biscuit w/ Jelly</p>	<p><b>30 Breakfast: Mini Cinni</b></p> <p>Italian Dunkers w/ Meat Sauce  <i>Alt: Philly Steak</i>                      Onions and Pepper Stir Fry</p>	<p><b>31 Breakfast: French Toast Sticks</b></p> <p>French Toast Sticks                      Omelet  <i>Alt: Cook's Choice</i>                      Fresh Melon                      Muffin</p>		

Alternate menu items are available for students in grades 4th-6th. Fruit and/or vegetable selections and low-fat milk are included with each meal. Nutritional analysis of menus is available by contacting: Terri Cook, Food Service Director @ 827-5418 or e-mail: [terri\\_cook@s-hamilton.k12.ia.us](mailto:terri_cook@s-hamilton.k12.ia.us) PLEASE BE AWARE THAT THE MENU MAY CHANGE AT ANY TIME DUE TO AVAILABILITY OF PRODUCT Please visit <http://southhamiltonschoolfoodservice.weebly.com/> for any menu changes

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