



January 2012

Blackbird Elementary



News

Fun Lunches Daily

Yogurt & Cracker Stackers Fun Lunch (Yogurt Cup, Ham, Cheese, Crackers), Baby Carrots, Fruit, and Milk

Or
Cold Bagel Fun Lunch (Bagel, cream cheese, & go-gurt.), Fruit, and Milk

Or
Cereal Fun Lunch: Whole Grain Frosted Mini Wheat's Cereal w/ Hard Boiled Egg, Fruit, 100% Fruit Juice Punch, and Milk

Or
Balanced Choices Meal:
Junior Ham & Cheese Sub w/ Animal Crackers, Fresh Cut Oranges, Apple Juice, and Milk

Or
Cold Nachos Fun Lunch:
Whole Grain Crispy Tortilla Shell Rounds w/ Shredded Cheddar, Salsa, Fruit, and Milk

**All meals include a trip through the fresh and canned fruit and vegetable food bar

Meal Prices

	Day	Wkly	Monthly
Lunch	2.25	11.25	45.00
Reduced	.40	2.00	8.00
B*fast	1.75	8.75	35.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Happy New Year 2012 No School	3 No School - Enjoy your Last day of Break	4 Hamburger or Cheeseburger on a bun w/ cantaloupe, sliced cucumbers, and milk	5 <u>Breakfast for Lunch</u> Whole Wheat pancakes or waffles, sausage, Mini Oranges and Choice of milk	6 Cheese Pizza or Pepperoni on Whole Grain Crust Homemade Baked Beans Chilled Mixed Fruit Choice of Milk
9 Italian Spaghetti w/ Red meat sauce, garlic toast, broccoli, pears and choice of milk	10 <u>Mashed Potato Bowl</u> Chicken Nuggets, Mashed Potatoes, Green Beans, roll, purple grapes and milk	11 <u>Mexican Fiesta</u> Soft Shell Tacos with all the fixings, Spanish rice, steamed broccoli, kiwi and milk	12 Hot Dog on a Whole Grain Bun Tater Tots Cantaloupe Choice of Milk	13 Cheese Pizza on Whole Grain Crust Tossed Romaine Salad w/ Vinegar & Oil Dressing Chilled Applesauce Choice of Milk
16 Corn Dog W/ Bread Stick Steamed Broccoli Orange Smiles Choice of Milk	17 Toasted Cheese Sandwich on Whole Grain Bread w/ Tomato Soup Cup & Crackers Fresh Baby Carrots Fruit Crisp Choice of Milk	18 Sloppy Joe on Whole Wheat bun, Dilled Carrots, grapes and choice of milk	19 Chicken Patty Melt on a bun or Fresh Deli Sandwich w/ French Fries, oranges and milk	20 Cheese or Pepperoni Pizza with zucchini sticks and ranch, cantaloupe and choice of milk
23 Nachos w/ Seasoned Beef, Cheese, Lettuce & Salsa Rice & Beans Chilled Pineapples Choice of Milk	24 You choice of a Fun Lunch	25 <u>Breakfast for Lunch</u> Cinnamon French toast with Scrambled Eggs fresh pineapple and Choice of milk	26 Macaroni and Cheese w whole wheat roll, green beans, green grapes and choice of milk	27 Cheese or Pepperoni Pizza with broccoli, chilled pears and choice of milk
30 Italian Spaghetti w/ Red meat sauce, garlic toast, broccoli, pears and choice of milk	31 <u>Mashed Potato Bowl</u> Chicken Nuggets, Mashed Potatoes, Green Beans, roll, purple grapes and milk	Feb. 1 Hot Ham & Cheese on a Whole Grain Bagel Baby Carrots Chilled Pears Choice of Milk	Feb. 2 Hamburger or Cheeseburger on a bun w/ cantaloupe, French fries, and milk	Feb. 3 Cheese or Pepperoni Pizza with seasoned corn, peaches and choice of milk