Fresh Eats CAFETERIA

Oil City Elementary School

January Lunch Menu

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The Nutrition Group

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Alternate: Pizza Mucnhable PB & Jelly Sandwich	1  	2 Beef Nachos Hot Dog Mixed Vegetables	3 Chili Cheese Bowl Chicken Nuggets w/ Bread French Fries	4 Salisbury Steak w/ Noodles Cheeseburger Seasoned Corn	5 Cheese Pizza Corndog Nuggets Seasoned Green Beans
Week 2 Alternate: Ham and Cheese Munchable Garden Salad w/ Egg and Cheese	8 Teriyaki Dumplings w/ Fried Rice Chicken Patty BBQ Baked Beans	9 Chicken Soft Tacos Hot Dog Mixed Vegetables	10 Cheesy Pepperoni Panini Chicken Nuggets w/ Bread Steamed Carrots	11 Pancakes w/ Sausage Cheeseburger Tater Tots	12 Grilled Cheese Sandwich w/ Tomato Soup Pepperoni Pizza Steamed Peas
Week 3 Alternate: PB & Jelly Sandwich Ham and Cheese Wrap	15  	16 Walking Tacos Hot Dog Refried Beans	17 Pizza Pasta Bake w/ Garlic Toast Chicken Nuggets w/ Bread Mixed Vegetables	18 Italian Hoagie Cheeseburger Steamed Corn	19 BBQ Rib Sandwich Cheese Pizza Steamed Green Beans
Week 4 Alternate: Turkey and Cheese Sandwich Garden Salad w/ Egg and Cheese	22 Corn Dog Nuggets Chicken Patty Mixed Vegetables	23 Chicken and Cheese Nachos Hot Dog Steamed Corn	24 Macaroni and Cheese w/ Garlic Toast Chicken Nuggets w/ bread Steamed Carrots	25 French Toast Bites w/ Scrambled Eggs Cheeseburger French Fries	26 Popcorn Chicken Bowl Pepperoni Pizza Mashed Potatoes
Week 5 Alternate: PB & Jelly Sandwich Nacho Munchable	29 Baked Penne w/ Garlic Toast Chicken Patty Mixed Vegetables	30 Beef & Cheese Loaded Fries Hot Dog French Fries	31 Grilled Cheese Sandwich w/ Tomato Soup Chicken Nuggets w/ Bread Steamed Peas	1 French Toast Sticks w/ Sausage Cheeseburger Tater Tots	2 Fish Sticks w/ bread Cheese Pizza Steamed Carrots

All Salads INCLUDE Choice of Grain Item

** Menus are subject to Change*

PLUS:

WHAT MAKES A MEAL?
You must choose at least 3 of 5 components for the school lunch price:

- Choice of Meat or Meat Alternative
- Choice of Vegetable + Choice of Fruit*
- Choice of Grain/Bread + Choice of Milk

*Students must choose at least one fruit or vegetable

DAILY MILK CHOICES:

Low Fat White & Fat Free Chocolate

FRESH VEGETABLES & FRUIT OFFERED DAILY:

Broccoli Florets	Apple Slices
Baby Carrots	Mandarin Oranges
Cucumbers	Sliced Peaches
Cherry Tomatoes	Diced Pears
Green Peppers	Pineapple Tidbits