



JANUARY | 2019

Central Elementary School and Hauser Jr. High School

Menu Subject to Change

News

Vegetarian Options Available Daily Please ask your Server

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31	1	2	3	4
7 Chicken Nuggets Choice of Dipping Sauce Mashed Sweet Potatoes W/G Bread Slice Applesauce 533 Calories 15g Fat 83g Carb 788 mg Sodium 16g Sugar	8 Taco Day! W/G Tortilla Meat, Cheese, Lettuce, Salsa Refried Beans 100% Juice Cup 590 Calories 23g Fat 58g Carbs 699mg Sodium 33g Sugar	9 Pizza Cheese or Veggie Cucumber Slices Banana 455 Calories 10g Fat 68g Carbs 865mg Sodium 20g Sugar	10 Orange Chicken Over Brown Rice Broccoli Pear Cup Fortune Cookie 424 Calories 2g Fat 67g Carbs 252mg Sodium 31g Sugar	11 Chicken Patty On W/G Roll Roasted Corn Sliced Oranges 516 Calories 15g Fat 67g Carbs 532mg Sodium 10g Sugar
14 Calzone or Pizza Dippers Marinara Sauce Garbanzo Bean Salad Fresh Apple 510 Calories 12g Fat 64g Carbs 788mg Sodium 26g Sugar	15 Chicken or Cheese Quesadilla Spanish Rice Jicama Slices Mixed Fruit 580 Calories 13g Fat 70g Carbs 979mg Sodium 27g Sugar	16 Bosco Sticks Marinara Sauce Crunchy Carrots with Dip Banana 542 Calories 11g Fat 70g Carbs 700mg Sodium 35g Sugar	17 Baked Cheese Ravioli Garden Salad Garlic Bread Slice 100% Juice Cup 375 Calories 5g Fat 51g Carbs 740mg Sodium 42g Sugar	18 Mini Corn Dogs Baked Fries Graham Crackers Grapes 438 Calories 5g Fat 63g Carbs 650mg Sodium 15g Sugar
21 Celebrate Martin Luther King Day	22 Enjoy Yourself!	23 Stuffed Crust Pizza! Sweet Potato Fries Pineapple Cup 600 Calories 11g Fat 77g Carbs 1120mg Sodium 22g Sugar	24 Turkey or Ham with Cheese Sandwich Baked Chips Raw Veggies Frozen Fruit Cup 680 Calories 29g Fat 90g Carbs 1150mg Sodium 31g Sugar	25 Chicken Tenders With Dipping Sauce Baked Fries Garlic Bread Slice Peach Cup 510 Calories 24g Fat 58g Carbs 680mg Sodium 14g Sugar
28 Mac and Cheese Baked Bean Medley W/G Dinner Roll Pear Cup 525 Calories 12g Fat 82g Carbs 12012mg Sodium 24g Sugar	29 Cheeseburgers W/G Roll Carrots, Celery and Yellow Peppers with Dip Sliced Oranges 385 Calories 16g Fat 29g Carbs 530mg Sodium 6g Sugar	30 Bosco Sticks Marinara Sauce Italian Salad Banana 455 Calories 11g Fat 74g Carbs 826mg Sodium 20g Sugar	31 Chicago Hot Dog Baked Fries Apple Slices 461 Calories 12g Fat 50g Carbs 726mg Sodium 18g Sugar	1

Lunch Meal \$3.00

Includes

Entrée, vegetable, fruit and Milk

Snack Bar Available
Prices for snacks
.25 cents to \$2.00

8oz. Milk .40 Cents

Our food is never fried
All bread is at least 50%
whole grain
Pizza Crust is whole grain

We use locally grown
produce if
Available

**Central 4th and 5th grades
and
Hauser Jr. High may have
additional veggie and fruit
choices**

PLEASE NOTE
THE TOTALS FOR CALORIES,
FAT CARBS, SODIUM AND
SUGAR DO NOT INCLUDE
MILK OR CONDIMENTS

1% WHITE MILK
100 Calories 2.5 Fat Cal
13g Carbs
130mg Sodium 12g Sugar

FAT FREE CHOCOLATE MILK
120 Calories 0 Fat Cal
20g Carbs
180mg Sodium 18g Sugar

See you at Lunch!