

Breakfast and Lunch Menus

FUEL ANALYSIS: Avg. Calories: **610 Calories**
Calories From Protein: **18%** Carbs: **54%** Fat: **28%** Sat. Fat: **9%**

Nutrition News:


Quick Menu Access- Look for the **RED APPLE** on the main District web page




If you would like to block your student's account from purchasing extra items please call the cashier at your school.




- All meals served with your choice of Skim, 1% or Chocolate skim milk.
- Lactose reduced milk shall be made available upon written request from parent/guardian.
- Cheese Sandwiches available on a daily basis

Menu subject to change due to unforeseen circumstances.

1 WEDNESDAY	2 THURSDAY	3 FRIDAY
 NO SCHOOL	ENERGY ENTRÉE Turkey and Gravy over Mashed Potatoes – or – Chicken Nuggets*	ENERGY ENTRÉE Lasagna Rollup* – or – Chicken Strips*
	SMART SIDES Buttermilk Biscuit Steamed Broccoli Diced Peaches Applesauce	SMART SIDES Mini Garlic Toast* Golden Corn Strawberries Raisins

6 MONDAY	7 TUESDAY	8 WEDNESDAY	9 THURSDAY	10 FRIDAY
ENERGY ENTRÉE Chicken Patty on a Whole Grain Bun* – or – Garlic Cheesy Bread* with Marinara Sauce	ENERGY ENTRÉE Macaroni and Cheese – or – Hamburger on a Whole Grain Bun*	ENERGY ENTRÉE Salad Bar with choice of Grilled Cheese Sandwich* – or – Pizza Crunchers* with Marinara Sauce	ENERGY ENTRÉE DOMINO'S CHEESE PIZZA*  SMART SIDES Potato Rounds Shredded Lettuce with Fat - Free Dressing Choices Diced Tomatoes Banana Warm Cinnamon Apple Slices	ENERGY ENTRÉE Mini Cheese Pizza Bagels – or – Super Beef Taco Salad* with Steamed Brown Rice*
SMART SIDES California Blend Vegetables Apricots Mixed Fruit	SMART SIDES Sweet Potato Wedges Fresh Broccoli Fresh Cauliflower Kiwi Peaches	SMART SIDES Lettuce Salad with Fat - Free Dressing Choices Jicama Sticks Cucumber Slices Strawberries Applesauce		SMART SIDES Shredded Lettuce with Fat - Free Dressing Choices Diced Tomatoes Refried Beans Fresh Orange Smiles Pears

13 MONDAY	14 TUESDAY	15 WEDNESDAY	16 THURSDAY	17 FRIDAY
ENERGY ENTRÉE Meatloaf with Mashed Potatoes and Gravy and a Whole Grain Dinner Roll* – or – The Max Stuffed Crust Cheese Pizza Slice*	ENERGY ENTRÉE Shrimp Poppers* with Mini Garlic Toast* – or – Hamburger on a Whole Grain Bun*	ENERGY ENTRÉE Teriyaki Chicken Dippers and Steamed Brown Rice* with a Vegetable Egg Roll – or – Whole Grain Mini Corn Dogs*	ENERGY ENTRÉE Cinnamon French Toast Sticks with Trix Yogurt – or – Chicken Nuggets* with a Whole Grain Dinner Roll*	ENERGY ENTRÉE Build Your Own Cheese or Pepperoni Mini Pizza – or – Chicken Fingers* with a Whole Grain Dinner Roll*
SMART SIDES Lettuce Salad with Fat - Free Dressing Choices Golden Corn Baby Carrots Fresh Cantaloupe Applesauce	SMART SIDES Spinach Salad with Fat - Free Dressing Choices Calico Bean Bake Fresh Kiwi Peaches	SMART SIDES Crunchy Asian Salad Celery Sticks Strawberries Pineapple w/Mandarin Oranges DESSERT Fortune Cookie	SMART SIDES Potato Rounds Baby Carrots Banana "Froot" Juice	SMART SIDES Caesar Salad Seasoned Broccoli Fresh Orange Smiles Pears



 = Contains Pork
  = Poultry
  = Vegetarian
 * = Whole Grain Items





In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

JANUARY

2014

20 MONDAY	21 TUESDAY	22 WEDNESDAY	23 THURSDAY	24 FRIDAY
NO SCHOOL	ENERGY ENTRÉE Mini Chicken Tacos* – or – Chicken Patty on a Whole Grain Bun* SMART SIDES Potato Rounds Shredded Lettuce Salad with Fat- Free Dressing Choices Diced Tomatoes Black Bean and Corn Salsa Warm Cinnamon Apple Slices Mixed Fruit	ENERGY ENTRÉE Orange Chicken with Steamed Brown Rice* and a Vegetable Egg Roll  – or – Whole Grain Mini Corn Dogs*  SMART SIDES Spinach Salad with Fat Free Dressing Choices Baby Carrots Fresh Cantaloupe Pineapple Tidbits DESSERT Fortune Cookie	ENERGY ENTRÉE Whole Grain Pasta* with Meat Sauce – or – Chicken Nuggets* SMART SIDES Mini Garlic Toast* Caesar Salad Fresh Broccoli Fresh Cauliflower Banana Peaches	NO SCHOOL

27 MONDAY	28 TUESDAY	29 WEDNESDAY	30 THURSDAY	31 FRIDAY
ENERGY ENTRÉE Popcorn Chicken with a Whole Grain Dinner Roll* – or – The Max Stuffed Crust Cheese Pizza Slice*  SMART SIDES Lettuce Salad with Fat - Free Dressing Choices Glazed Carrots Fresh Honeydew Melon Pears	ENERGY ENTRÉE Oven Fried Chicken Drumstick with Mashed Potatoes and Gravy Whole Grain Dinner Roll* – or – Chili with Fritos* SMART SIDES Spinach Salad with Fat - Free Dressing Choices Jicama Sticks Strawberries Warm Cinnamon Apple Slices	ENERGY ENTRÉE* Taco in a Dorito Chip Bag* with Steamed Brown Rice* – or – Whole Grain Mini Corn Dogs*  SMART SIDES Shredded Lettuce with Fat - Free Dressing Choices Diced Tomatoes Baby Carrots Refried Beans Grapes Peaches	ENERGY ENTRÉE Turkey and Gravy over Mashed Potatoes – or – Chicken Nuggets* SMART SIDES Whole Grain Dinner Roll* Sweet Potato Bake Fresh Broccoli Fresh Pear Applesauce	HAPPY CHINESE NEW YEAR!  Chicken Chow Mein with Steamed Brown Rice* and a Vegetable Egg Roll* – or – Mini Ravioli* with Mini Garlic Toast*  SMART SIDES Caesar Salad Fresh Pineapple Mandarin Oranges DESSERT Strawberry Ice Cream Cup Menu Planned By Bel Air Kitchen Staff

Lunch Prices:

Elementary: \$2.45 or \$49.00 for January
 Reduced: \$0.40 or \$8.00 for January
 Adult Meal: \$3.60

Breakfast Prices:

Paid: \$1.40 or \$28.00 for January
 Reduced: Free
 Adults: \$1.65



Extra Items:

Extra Entree \$1.90
 Extra Bread \$.55
 Extra Fruit or Vegetables..... **FREE**
 Extra Dessert \$.55
 Milk \$.45
 Yogurt \$.60
 10 oz. Bottled Water \$.60
 4 oz. Juice \$.45

BREAKFAST

Choose one Breakfast entrée.

All breakfasts served with Fruit or Fruit Juice, and Milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1: Weeks beginning January 6 and 20				
Cheese Omelet with Banana Bread*  – or – Cold Cereal* with Banana Bread*	French Toast Sticks – or – Cold Cereal* with Granola Bar*	Breakfast Sandwich* – or – Cold Cereal* with Fruit Yogurt	Waffle* – or – Cold Cereal* with Nutri Grain Bar*	Cook's Special – or – Cold Cereal* with Fruit Yogurt
WEEK 2: Weeks beginning January 2, 13 and 27				
Pancake and Sausage Bites*  – or – Cold Cereal* w/Mini Grahams*	Yogurt Parfait – or – Cold Cereal* with Granola Bar*	Breakfast Roll Up – or – Cold Cereal *with Fruit Yogurt	Pancakes* – or – Cold Cereal* with Belly Bears*	Cook's Special – or – Cold Cereal* with Fruit Yogurt