


# East Aurora UFSD Parkdale Elementary Lunch Menu

Menu is subject to change.

## January 2019

-Lunch Prices:  
K-4: \$1.80  
Reduced Price: \$.25



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>VEGETABLE OF THE MONTH IS: WHITE POTATOES</b> No Fat, sodium OR cholesterol. Good source of Vitamin B6 <b>Try them on the 14th!</b></p>	<p><b>New Year's Day</b> </p>	<p>Chicken Nuggets OR Turkey Sub ----- French Fries Green Beans</p>	<p>French Toast Sticks W/Sausage OR Ham Sub ----- Carrots <math>\frac{3}{4}</math> cup</p>	<p>Grilled Cheese Sandwich W/Tomato Soup OR Turkey Sub ----- Baked Beans Broccoli</p>
<p>Cheeseburger on a Bun OR Turkey Sub ----- Broccoli</p>	<p>Taco In A Bag Seasoned Rice OR Ham &amp; Cheese Sub ----- Corn Salsa <math>\frac{1}{4}</math> Cup</p>	<p>Cheese OR Pepperoni Pizza OR Turkey Sandwich ----- 1 Cup Romaine = <math>\frac{1}{2}</math> cup</p>	<p>Mac N Cheese W/Dinner Roll OR Ham &amp; Cheese Sub ----- Corn</p>	<p>Hot Dog On A Bun OR Turkey Sub ----- Baked Beans</p>
<p>Chicken Patty on a Bun OR Turkey Sub ----- White Potatoes</p>	<p>Nacho Grande W/Tostitos Seasoned Rice OR Ham &amp; Cheese Sub ----- Broccoli Salsa <math>\frac{1}{4}</math> cup</p>	<p>Cheese OR Pepperoni Pizza OR Turkey Sandwich ----- Carrots <math>\frac{1}{2}</math> cup</p>	<p>Meatball Sub OR Ham &amp; Cheese Sub ----- 1 Cup Romaine = <math>\frac{1}{2}</math> Cup</p>	<p>Grilled Cheese Sandwich W/Tomato Soup OR Turkey Sub ----- Baked Beans</p>
<p>Cheeseburger on a Bun OR Turkey Sub ----- Baked Beans</p>	<p>8" Taco w/Lettuce, Cheese and Salsa Seasoned Rice OR Ham &amp; Cheese Sandwich ----- Corn Salsa <math>\frac{1}{4}</math> cup</p>	<p>Cheese OR Pepperoni Pizza OR Turkey Sub ----- Green Beans</p>	<p>Spaghetti &amp; Meatballs W/Warm Dinner Roll OR Ham &amp; Cheese Sub ----- 1 Cup Romaine = <math>\frac{1}{2}</math> Cup</p>	<p>BOSCO Sticks W/Pizza Sauce OR Turkey Sub ----- Carrots <math>\frac{1}{2}</math> Cup</p>
<p>Bacon Cheeseburger on a Bun OR Turkey Sub ----- Tater Tots</p>	<p>Taco In A Bag Seasoned Rice OR Ham &amp; Cheese Sub ----- Corn Salsa <math>\frac{1}{4}</math> Cup</p>	<p>Cheese OR Pepperoni Pizza OR Turkey Sub ----- Broccoli</p>	<p>Pancakes W/Syrup &amp; Sausage OR Turkey Sub ----- Green Beans Carrots <math>\frac{3}{4}</math> cup</p>	

**BREAKFAST IS AVAILABLE IN EACH BUILDING EVERY DAY!  
\$1.00**

**Start Your Day Off Right With  
Breakfast**

*Offered daily*

*With all School Lunches:*

*Fresh Fruit (served by the piece = 1/2 cup  
Prepared Fruit (served by the  $\frac{1}{2}$  cup portion)  
Vegetables (served by the  $\frac{3}{4}$  c portion unless  
otherwise noted)*

*Must take  $\frac{1}{2}$  cup Fruit or Veggie  
(May take 1 cup)*

**Non or Low Fat White or  
Non Fat Chocolate Milk available daily**

**In addition to the Entrée:**

**PBJ (2M & 2G)**

**Julienne Salad w/dinner rolls**

**Yogurt Parfait**

**Start with a:**

- **Vegetable**
- **Fruit** (or take both)
- **Choose whole grains**
- **Pick a lean protein**
- **Add serving of milk**

**Take at least 3**