

East Aurora UFSD Parkdale Elementary Lunch Menu

January 2020

- Lunch Prices:
K-4: \$1.80



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
	LOOKING FOR A JOB? GREAT HOURS AND SUMMERS OFF CALL THE FOOD SERVICE OFFICE 687-02334 Rochelle	WINTER RECESS NEW YEAR'S DAY	Turkey & Gravy W/Warm Biscuit OR Ham & Cheese Sub ----- Carrots ½ cup	Grilled Cheese & Tomato Soup OR Turkey & Cheese Sub ----- Baked Beans Corn
TRY A NEW ITEM! Chicken Tenders W/Dinner Roll OR Turkey Sub ----- French Fries	TACO TUESDAY Taco In A Bag Seasoned Rice OR Ham & Cheese Sub ----- Corn Salsa ¼ cup	Cheese OR Pepperoni Pizza OR Turkey Sandwich ----- Romaine tossed salad W/Chi chi Beans	Mac N Cheese W/Dinner Roll OR Ham & Cheese Sub ----- Carrots ½ cup	Mozzarella Sticks W/Dipping Sauce OR Turkey & Cheese Sub ----- Green Beans
Cheeseburger OR Plain Burger On A Bun OR Turkey Sub ----- French Fries	Nacho Grande W/Tostito Chips OR Ham & Cheese Sub ----- Corn Salsa ¼ Cup	Cheese OR Pepperoni Pizza OR Turkey Sandwich ----- Romaine Tossed Salad W/Chi chi Beans	Chicken Patty On A Bun OR Ham & Cheese Sub ----- Peas	BOSCO Sticks W/Dipping Sauce OR Turkey & Cheese Sub ----- Sweet Carrots
DR. MARTIN LUTHER KING DAY NO SCHOOL	8" Soft Taco Seasoned Rice OR Ham & Cheese Sub ----- Corn Salsa ¼ Cup	Cheese OR Pepperoni Pizza OR Turkey Sandwich ----- Broccoli	Chicken Finger Sub OR Ham & Cheese Sub ----- Baked Beans Baby Carrots	Grilled Cheese & Tomato Soup OR Turkey & Cheese Sub ----- Green Beans
Chicken Patty On A Bun OR Ham & Cheese Sub ----- Sweet Carrots	Taco In A Bag Seasoned Rice OR Ham & Cheese Sub ----- Corn Salsa ¼ cup	Cheese OR Pepperoni Pizza OR Turkey Sandwich ----- Romaine Tossed Salad W/Chi chi Beans	Turkey & Gravy W/Mashed Potatoes OR Ham & Cheese Sub ----- Green Beans	Cheeseburger Sub OR Ham & Cheese Sub ----- Pickle Spear

Offered daily
With all School Lunches:

Fresh NYS apples from LynOaken Farms
Fresh or Prepared Fruit (served by the ½ cup portion)
Vegetables (served by the ¾ cup unless otherwise noted)
Must take ½ cup of Fruit OR Vegetable (May take 1 cup)
Skim, Low Fat White, or Low Fat Chocolate NYS Milk from Upstate Farms
IN ADDITION TO THE ENTRÉE OF THE DAY,
WE OFFER:
Peanut Butter & Jelly Sandwich (2M & 2G)
Julienne Salad
Yogurt Parfait made with NYS Upstate Farms Yogurt

Start with a:

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

Take at least 3