

# CENTENNIAL AND ENOTA MENU

## January 2018

SILVER AWARD WINNER




Adult Breakfast: \$1.50  
 Adult Lunch: \$2.75  
 All Students Eat at No Cost  
 Extra milk is \$0.35

Assorted fat-free or low-fat milk is offered at breakfast & lunch.  
 \*Menu subject to change due to market conditions, delivery, food availability, & school activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		Mini Pancakes & Syrup Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Pears 1/2c	Ham Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Sliced Apples 1/2c	Dutch Waffle Cereal with Grahams Cereal & Cereal Spiced Apples 2/3c Strawberries 1/2c
		Breaded Chicken Drumstick 1oz Roll Munchable Green Beans 1/2c Sweet Potatoes 1/2c Veggie Juice 4oz Peaches 1/2c	Pepperoni Pizza PBJ & Cheese Puffs Steamed Broccoli 1/2c Corn 1/2c Pinto Beans 1/2c Veggie Juice 4oz Applesauce Cup	Corndog Grilled Cheese & Yogurt Coleslaw 1/2c Baked Beans 1/2c Carrot sticks 1/2c Fancy Greens Salad 1c Ranch 1oz Pineapple Tidbits 1/2c Whole grain dessert
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Pancake 'n' Sausage on a Stick with Syrup Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	Mini French Toast Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Fruit Cocktail 1/2c	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Pears 1/2c	Mini Cinnis Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Sliced Apples 1/2c	Breakfast Pizza Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Strawberries 1/2c
Chicken Sandwich Munchable Zesty Greens 1/2c Potato Smiles 6ea Carrot Sticks 1/2c Lettuce & Tomato 1c <b>GRANNY SMITH APPLES</b> Chosen by Ms. Arrowood's Class!	Cheese Pizza PBJ & Cheese Puffs Steamed Broccoli 1/2c Sweet Potatoes 1/2c Italian Salad 1c Applesauce Cup	Crunchy Chicken Taco Sour Cream Grilled Cheese & Yogurt Salsa Dunk Cup Corn 1/2c Pinto Beans 1/2c Lettuce/Tomato 1c Peaches 1/2c	Cheeseburger Veggie Burger Baked Beans 1/2c Tator Tots 1/2c Fancy Greens Salad 1c Ranch 1oz Fruit Juice 4oz	Asian Chicken Nuggets PBJ & Cheese Puffs Steamed Broccoli 1/2c Carrot Sticks 1/2c Oriental Salad 1c Mandarin Oranges 1/2c Whole grain dessert
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Holiday for Students and Staff</b>	Cereal Bar & Cheese Cubes Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Tropical Fruit 1/2c	Mini Waffles Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Pears 1/2c	Turkey Sausage Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Sliced Apples 1/2c	French Toast Sticks & Syrup Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Strawberries 1/2c
	Chicken Nuggets (5) 1oz Roll Grilled Cheese & Yogurt Green Beans 1/2c Whipped Potatoes 1/2c Crispy Romaine Salad 1c Ranch 1oz Applesauce Cup	Breaded Chicken Drumstick 1oz Roll Munchable Green Beans 1/2c Sweet Potatoes 1/2c Spinach & Arugula Salad 1c Ranch 1oz Peaches 1/2c	Cheese Pizza PBJ & Cheese Puffs Steamed Broccoli 1/2c Corn 1/2c Italian Salad 1c Fruit Juice 4oz	Hotdog and Cheese Puffs Grilled Cheese & Yogurt Coleslaw 1/2c Baked Beans 1/2c Carrot Sticks 1/2c Fancy Greens Salad 1c Ranch 1oz Pineapple 1/2c Whole grain dessert

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22	23	24	25	26
Breakfast Bun Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	Pancakes & Syrup Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Fruit Cocktail 1/2c	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Pears 1/2c	Cinnamon Roll Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Sliced Apples 1/2c	Muffin and Yogurt Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Strawberries 1/2c
Chicken Sandwich Munchable Cheesy Broccoli 1/2c Potato Smiles 6ea Carrot Sticks 1/2c Lettuce & Tomato 1c Fresh Fruit 1 ea	Cheese Pizza PBJ & Cheese Puffs Green Beans 1/2c Sweet Potatoes 1/2c Italian Salad 1c Applesauce Cup	Chicken Nachos & Sour Cream Salsa Dunk Cup Grilled Cheese & Yogurt Corn 1/2c Refried Beans 1/2c Lettuce/Tomato 1c Peaches 1/2c	Cheeseburger Veggie Burger Baked Beans 1/2c Tator Tots 1/2c Farmer's Garden Salad 1c Ranch 1oz Fruit Juice 4oz	Asian Chicken Nuggets PBJ & Cheese Puffs Steamed Broccoli 1/2c Carrot Sticks 1/2c Oriental Salad 1c Mandarin Oranges 1/2c Whole grain dessert
29	30	31 Lunch-to-Go	1	2
Poptart and Cheese Stick Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Tropical Fruit 1/2c	Mini Pancakes & Syrup Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Pears 1/2c	Ham Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Sliced Apples 1/2c	Dutch Waffle Cereal with Grahams Cereal & Cereal Spiced Apples 2/3c Strawberries 1/2c
Chicken Nuggets (5) 1oz Roll Grilled Cheese & Yogurt Green Beans 1/2c Whipped Potatoes 1/2c Crispy Romaine Salad 1c Ranch 1oz Fresh Fruit 1 ea	Stuffed Mozzarella Breadsticks Munchable Marinara Dunk Cup Corn 1/2c Parmesan Broccoli 1/2c Farmer's Garden Salad 1c Ranch 1oz Applesauce Cup	PBJ & Cheese Stick OR Soybutter & Cheese Stick <b>Includes:</b> Carrots 1/2c Veggie Juice 4oz Fruit Cup 1/2c Whole grain dessert 	Pepperoni Pizza PBJ & Cheese Puffs Steamed Broccoli 1/2c Corn 1/2c Italian Salad 1c Fruit Juice 4oz	Corndog Grilled Cheese & Yogurt Coleslaw 1/2c Baked Beans 1/2c Carrot sticks 1/2c Fancy Greens Salad 1c Ranch 1oz Pineapple Tidbits 1/2c

Sack lunches are for field trips only. They include a peanut butter and jelly sandwich, grain item, fruit, vegetable, and milk. If your child has a peanut allergy, we have a soy butter sandwich available upon request. Let your child's teacher know to request the soy butter sandwich (peanut free, but contains milk, wheat, and soy). Grab and go breakfast jumpstarts are available regularly as an alternative breakfast to be eaten in the classroom. It contains cereal, graham crackers, and juice. Milk and fruit are available.



Nutrition Facts	
Serving Size: ½ cup carrots, sliced (61g)	
Calories 25	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 1g	
Vitamin A 204%	Calcium 2%
Vitamin C 6%	Iron 1%



CARROTS

Find all meals on the menu with carrots and draw a carrot next to them.

- How many did you find?
- How many meals have fresh carrots? How many have cooked carrots?
- Circle all meals you want to try.

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