

You are always welcome to join your child for Lunch. Please call ahead for a reservation at your school.

ST. CLOUD AREA SCHOOL DISTRICT 742
LUNCH MENU
JANUARY 2018

DON'T 4 GET! Take at least one fruit or veggie and at least THREE items total so your meal counts as a complete lunch!

School Lunch gives you the Nutrition/Energy to be your BEST!

Δ Farm2School – Locally Grown Products

	TUESDAY JAN 2	WEDNESDAY JAN 3	THURSDAY JAN 4	FRIDAY JAN 5
Choice of milk served with every meal: 1% White, Skim, Chocolate Skim, or Lactose Free.	Pizza Baked Beans Cinnamon Crackers Pineapple	Ground Beef Meat Sauce and Whole Grain Cheese Bread WG Garlic Cheese Bread Spinach Salad with Dressing Jicama Slices Peaches	JR/SR: Spicy Chicken on WG Bun With Fixings ELEM: Grilled Chicken Slider on WG Slider Bun w/Fixings Roasted Sweet Potatoes Broccoli, Cauliflower, Craisin Salad Fresh Bananas	Cheese Omelet Sweet Cinnamon Roll with Icing Assorted Non Fat Yogurt Assorted Fresh Vegetables Rosy Applesauce
MONDAY JAN 8	TUESDAY JAN 9	WEDNESDAY JAN 10	THURSDAY JAN 11	FRIDAY JAN 12
Cheeseburger on a Whole Grain Bun with Fixings Seasoned Peas Seasoned Side Winder Potatoes Fresh Anjou Pears	Assorted Sandwich Choices on a Whole Grain Hoagie Chicken Noodle Soup with Crackers Seven Layer Salad Fresh Red Pepper Slices w/Ranch Fresh Orange Slices	Chicken Caesar Wrap with Fixings: Salsa, Romaine Lettuce, Tomatoes, Onions, Sour Cream Spanish Rice Onion/ Pepper Blend Veg. Stir Fry Garbanzo Bean Salad Fresh Bananas	Roasted Turkey in Gravy over Baking Powder Biscuit Romaine Salad with Dressing Seasoned California Blend Vegetables Cranberry Sauce Pineapple Tidbits	BBQ Beef Mr. Rib on a Whole Grain Bun Δ Roasted Seasoned Squash Fresh Celery Sticks & Cucumber Slices Apple Juice White Cake w/Blueberry Topping
MONDAY JAN 15	TUESDAY JAN 16	WEDNESDAY JAN 17	THURSDAY JAN 18	FRIDAY JAN 19
NO SCHOOL - MARTIN LUTHER KING JR DAY	NO SCHOOL - PROFESSIONAL DEVELOPMENT	Bosco Sticks w/ Marinara Sauce Green Beans Romaine Salad w/Grape Tomatoes Granny Smith Apples Strawberry Banana Smoothie on a Stick (Jonny Pop)	Taco Snack Burrito with Fixings Mexican Rice Corn Apple Filled Churro	Chicekn Quesadilla with Fixings Caesar Salad with Dressing Refried Beans Fruit Cocktail
MONDAY JAN 22	TUESDAY JAN 23	WEDNESDAY JAN 24	THURSDAY JAN 25	FRIDAY JAN 26
BRUNCH FOR LUNCH Pancakes w/Warm Maple Syrup and Fruit Topping Scrambled Eggs Batter Bite Potatoes Fresh Vegetables Asst. w/Ranch Fresh Orange Slices	Mozzarella Cheese Bites Tomato Soup with Oyster Crackers Baby Carrots with Dip Spinach Salad with Dressing Rosy Applesauce	Taco in a Bag with Fixings: Nacho Chips, Shredded Romaine, Tomatoes, Sour Cream Corn Black Bean/Corn Salsa Mandarin Oranges	Asian Orange Chicken Steamed Brown Rice Δ Fresh Cherry Tomatoes Vegetable Egg Roll Broccoli Chilled Strawberries	Beef Hot Dog/Whole Grain Bun Catsup, Mustard, Relish Baked Potato Wedges Baked Beans Marinated Cucumbers Diced Peaches Butterscotch Oatmeal Bar
MONDAY JAN 29	TUESDAY JAN 30	WEDNESDAY JAN 31		
JR/SR: Fish Sandwich on WG Bun with Tartar Sauce ELEM: Whole Grain Breaded Fish Nuggets with Tartar Sauce Bow Tie/Veggie Pasta Salad Steamed California Blend Veggies Fresh Clementines	Chili with Shredded Cheddar Cheese Fritos Fresh Vegetables Asst. w/Ranch Fresh Fruit	Everything Beef Burger on WG Bun w/fixings, Cond., Pickles Seasoned Potato Tators Creamy Coleslaw Fresh Sugar Snap Peas Fresh Green Grapes or Blueberries	All menus subject to change without notice due to challenges in delivery or availability. *Denotes Pork.	If you have any questions regarding financial assistance for school meals or need an application, please call 202-6872.