

# JANUARY 2019

## Lewin G. Joel Jr. Elementary

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

School Closed

7  
Whole Grain Cheese Pizza served with Fresh Tossed Salad and Applesauce

14  
Whole Grain Cheese Pizza served with Fresh Tossed Salad and Fresh Grapes

21  
School Closed  
MLK Jr. Day

28  
Whole Grain Cheese Pizza served with Fresh Tossed Salad and Diced Pears

8  
Whole Grain Chicken Tenders served with Brown Rice Pilaf, Corn and Fresh Grapes

15  
Homestyle Mac & Cheese served with a Dinner Roll, Glazed Carrots and Fruit Cup

22  
Whole Grain Cheese Pizza served with Fresh Tossed Salad and Diced Peaches

29  
Beef Tacos served with Brown Rice & Beans, Corn and Diced Peaches

2  
Hamburger on a Whole Grain Roll served with Oven Baked Sweet Potato Fries, Seasoned Green Beans and Fresh Strawberries

9  
Hot Dog on a Whole Grain Roll served with Vegetarian Baked Beans, Fresh Carrots Sticks and Diced Pears

16  
Penne with Meatballs served with Savory Green Beans and Apple Slices

23  
Grilled Chicken Sandwich on Whole Grain Roll with Oven Baked Fries, Carrot Sticks and Orange Wedges

30  
Hamburger on a Whole Grain Roll served with Oven Baked Sweet Potato Fries, Seasoned Green Beans and Fresh Strawberries

3  
Whole Grain Cheese Quesadilla served with Seasoned Brown Rice and Red Beans and Fresh Broccoli "Trees" and Fresh Orange Wedges

10  
Mozzarella Sticks served with Tomato Sauce, Fresh Broccoli "Trees" and Fresh Apple Slices

17  
Breaded Chicken Sandwich on a Whole Grain Roll served with Oven Baked Fries, Fresh Cucumber Slices & Fresh Strawberries

24  
Toasted Cheese Sandwich on Whole Grain Bread with Tomato Soup, Celery Sticks and Diced Pears

31  
Whole Grain Cheese Quesadilla served with Seasoned Brown Rice and Red Beans and Fresh Broccoli "Trees" and Fresh Orange Wedges

4  
Meatball Grinder on a Whole Grain Roll with Fresh Carrot Sticks and Ranch Dip and Mixed Fruit

11  
Whole Grain Mini Pancakes served with Oven Baked Hash Brown, Celery Sticks, Breakfast Sausage and Fresh Orange Wedges

18  
Early Dismissal WG Bagel with Cream Cheese Strawberry Banana Yogurt Fresh Celery Sticks Orange Juice

25  
Whole Grain Chicken Tenders served with Brown Rice Pilaf, Corn and Fresh Apple Slices

DID YOU KNOW...  
January's gem is garnet which represents constancy.

### Prices

Student Meal \$3.00  
Milk \$.75  
Snacks \$1.00

A fresh made chef salad is available daily as an alternative to the hot lunch.

Also, deli sandwiches are available on the following schedule for the month:  
Monday-Ham & Cheese  
Tuesday-Turkey & Cheese  
Wednesday- Bologna & Cheese  
Thursday- Ham & Cheese  
Friday- Egg Salad

### School News

January 1<sup>st</sup> No School  
New Year's Day

January 18<sup>th</sup> Early Dismissal  
Professional Development

January 21<sup>st</sup> No school  
MLK Jr. Day

*This institution is an equal opportunity provider.*