



January Lunch Menu



Palmyra Eagle Area Schools




Monday

Tuesday

Wednesday

Thursday

Friday

<p>Elementary Lunches for Jan.: 21 days x \$2.60 = \$54.60</p> <p>MS & HS Lunches for Jan.: 21 days x \$2.85 = \$59.85</p>	<p>2 Pizza Burger on Whole Grain Bun OR Chicken Rings w/ WG Roll Crispy Tater Tots Baked Beans , Cherry Tomatoes Tropical Fruit Cup</p>	<p>3 Mini Corn Dogs OR Quesadilla Pizza Baked Potato Wedges Steamed Peas, Cucumber Slices Mixed Fruit</p>	<p>4 WG Pancakes w/ Cheese Omelet OR Grilled Chicken Patty on WG Bun Hashbrowns, Steamed Cauliflower Baby Carrots Raisins, Orange Juice</p>	<p>5 Chicken Nuggets w/ Breadstick OR Sloppy Joe on a Whole Grain Bun Mashed Potatoes with Gravy Acorn Squash, Fresh Broccoli Dried Cranberries</p>
<p>8 Tony's Pepperoni Pizza OR Sweet and Sour Chicken over Brown Rice , Salad with Choice of Dressings, Cherry Tomatoes, Fresh Cauliflower, Strawberries & Bananas</p>	<p>9 Soft Shell Tacos w/ Lettuce, Salsa Tomatoes, Cheese, Sour Cream OR Beef and Bean Burrito Refried Beans, Corn Niblets Mandarin Oranges</p>	<p>10 Hamburger or Cheeseburger OR BBQ Rib on a Whole Grain Bun Oven Baked French Fries Steamed Green Beans, Fresh Baby Carrots, Pineapple Tidbits</p>	<p>11 Salisbury Steak w/ WG Roll OR Breaded Pork Chopette w/ Roll Mashed Potatoes with Gravy WI Blend Veggies(& Squash-HS Fresh Brocc & Mandarin Oranges</p>	<p>12 Cheese Stuffed Pizza Dippers OR Hot Dog or Chili Dog on WG Bun Salad with Choice of Dressings Cherry Tomatoes, Ital. Blend Veg. Dried Apricots</p>
<p>15 Breaded Chicken Patty on Bun OR Fish Sticks with WG Breadstick Spicy Curly Fries Vegetarian Baked Beans, Baby Carrots, Blueberries</p>	<p>16 WG Waffle Stick with Omelet OR Breakfast Pizza Potato Smiles Steamed Carrot Coins, Broccoli Fruit Cocktail</p>	<p>17 Beef Stroganoff over Whole Grain Pasta w/ WG Breadstick OR Hot Dog on a Whole Grain Bun Green Beans, Fresh Cauliflower Red & Green Peppers & Grapes</p>	<p>18 Italian Meatball Sub on WG Bun OR Breaded Chicken Nuggets w/Roll Chicken Flavored Brown Rice Steamed Peas, Tomato & Corn Salad, Applesauce</p>	<p>19 Grilled Chicken Patty on WG Bun OR Hamburger or Cheeseburger Potato Triangles Steamed Broccoli, Tomato Slices Cinnamon Apple Slices</p>
<p>22  No School</p>	<p>23 Beef Ravioli with WG Roll OR Cheese Stuffed Pizza Dippers Spinach Salad w/ Dressings Celery Stix & Baby Carrots Pineapple Tidbits</p>	<p>24 Chicken Fajitas w/ Lettuce, Salsa, Tomatoes, Cheese, Sour Cream OR Whole Grain Chili Cheese Wrap Spanish Rice, Refried Beans Corn Niblets, Strawberries</p>	<p>25 State Fair Corn Dog OR *PB&J Uncrustables Chicken Noodle Soup Fresh Baby Carrots, Green Beans Pasta Salad & Applesauce Cups</p>	<p>26 Creamy Chicken Alfredo over Whole Grain Pasta w/ Breadstick OR Mini Corn Dogs Steamed Broccoli, Three Bean Salad, Caulif. & Mixed Fruit</p>
<p>29 Gilardi's Cheese Pizza OR Spaghetti & Meatballs w/ WG Roll Salad, *Celery w/ PB, Mixed Veggies, Chilled Peaches</p>	<p>30 Fish Sticks with WG Breadstick OR Breaded Chicken Patty on a Bun Macaroni and Cheese, California Blend Vegetables, Cukes, Pears</p>	<p>31 Egg, Ham & Cheese on a Bun OR Stuffed Crust Pizza Sweet Potato Fries, Edamame (soy beans), Corn & Tom. Salad Red Delicious Apple</p>	<p>To the best of our knowledge, items containing peanuts are marked with an *.  This institution is an equal opportunity provider.</p>	<p>All Lunches served with a choice of milk: Skim White, Skim Chocolate or 1% White  Menu subject to change without notice.</p>