

# January Lunch Menu



Palmyra Eagle Area Schools







Monday

Tuesday

Wednesday

Thursday

Friday

<p>Elementary Lunches for January: 21 days x \$2.75 = \$57.75</p> <p>MS &amp; HS Lunches for January 21 days x \$3.00=\$63.00</p>	<p>1</p> <p>To the best of our knowledge, items containing peanuts are marked with an *.</p> <p>This institution is an equal opportunity provider.</p>	<p>2</p> <p>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</p> <p>Tony's Pepperoni Pizza OR Sweet and Sour Chicken over Brown Rice w/ Whole Grain Roll Salad with Choice of Dressings, Cherry Tomatoes, Fresh Broccoli, Strawberries &amp; Bananas</p>	<p>4</p> <p>Mini Corn Dogs OR Quesadilla Pizza Baked Potato Wedges Carrot Coins, Cucumber Slices Mixed Fruit</p> 
<p>7</p> <p>WG Pancakes w/ Cheese Omelet OR Grilled Chicken Patty on WG Bun Hashbrowns, Steamed Cauliflower Celery with *Peanut butter Raisins, Orange Juice</p> 	<p>8</p> <p>Chicken Nuggets w/ Breadstick OR Sloppy Joe on a Whole Grain Bun Mashed Potatoes with Gravy Acorn Squash, Fresh Broccoli Dried Cranberries</p>	<p>9</p> <p>Beef Stroganoff over Whole Grain Pasta w/ WG Breadstick OR Hot Dog on a Whole Grain Bun Steamed Peas, Fresh Cauliflower Red &amp; Green Peppers &amp; Grapes</p> 	<p>10</p> <p>Hamburger or Cheeseburger OR BBQ Rib on a Whole Grain Bun Oven Baked French Fries Steamed Carrot Coins, Cucumbers Pineapple Tidbits</p> 	<p>11</p> <p>Chicken Fajitas w/ Lettuce, Salsa, Tomatoes, Cheese, Sour Cream OR Whole Grain Chili Cheese Wrap Spanish Rice, Refried Beans Corn Niblets, Mixed Fruit</p> 
<p>14</p> <p>Breaded Chicken Patty on Bun OR Fish Sticks with WG Breadstick Spicy Curly Fries Vegetarian Baked Beans, Baby Carrots, Blueberries</p> 	<p>15</p> <p>Cheese Stuffed Pizza Dippers OR Hot Dog or Chili Dog on WG Bun Salad with Choice of Dressings Cherry Tomatoes, Ital. Blend Veg. Diced Apricots</p>	<p>16</p> <p>WG Mini Waffles with Omelet OR Breakfast Pizza Crispy Tater Tots Steamed Carrot Coins, Broccoli Fruit Cocktail</p> 	<p>17</p> <p>State Fair Corn Dog OR *PB&amp;J Uncrustables Campbell's Tomato Soup Fresh Cauliflower, Green Beans Pasta Salad &amp; Applesauce Cups</p>	<p>18</p> <p>Gilardi's Cheese Pizza OR Spaghetti &amp; Meatballs w/ WG Roll Salad with Choice of Dressings Cucumber Slices, Mixed Veggies Chilled Pears</p>
<p>21</p> <p>No School</p>	<p>22</p> <p>BBQ Meatball Sub on WG Bun OR Breaded Chicken Nuggets w/Roll Chicken Flavored Brown Rice Steamed Peas, Corn &amp; Tomato Salad, Applesauce</p>	<p>23</p> <p>Salisbury Steak w/ WG Roll OR Breaded Pork Chopette w/ Roll Mashed Potatoes with Gravy WI Blend Veggies(&amp; Squash-HS Fresh Brocc &amp; Mandarin Oranges</p> 	<p>24</p> <p>Beef Ravioli with WG Roll OR Cheese Stuffed Pizza Dippers Spinach Salad w/ Dressings Celery Stix &amp; Baby Carrots Mixed Berries</p>	<p>25</p> <p>Fish Stix with WG Breadstick OR Breaded Chicken Patty on a Bun Macaroni and Cheese California Blend Vegetables Cucumber Slices, Cinnamon Apple Slices</p>
<p>28</p> <p>WG French Toast Sticks w/Omelet OR Breakfast Pizza Crispy Tater Tots Steamed Carrot Coins, Broccoli Fruit Cocktail</p>	<p>29</p> <p>Soft Shell Tacos w/ Lettuce, Salsa Tomatoes, Cheese, Sour Cream OR Beef and Bean Burrito Refried Beans, Corn Niblets Diced Pears</p> 	<p>30</p> <p>Creamy Chicken Alfredo over WG Pasta w/ Breadstick OR Mini Corn Dogs Steamed Broccoli, Three Bean Salad, Fresh Cauliflower Chilled Peaches</p>	<p>31</p> <p>Grilled Chicken Patty on WG Bun OR Hamburger or Cheeseburger Potato Rounds Steamed Peas, Tomato Slices Cinnamon Apple Slices</p> 	<p>All Lunches served with a choice of milk: Skim White, Skim Chocolate or 1% White</p>  <p>Menu subject to change without notice.</p>