



Algonac Elementary Lunch Menu January 2018

Lunch Price: \$2.50 Reduced Price: \$.40 Adult Lunch: \$3.75
Breakfast Price: \$1.50 Reduced Price: \$.30 Ala Carte Milk: \$.60

A full student lunch includes a choice of entrée supplying protein, milk, grain, and vegetable and fruit side dishes. Milk Choices include: 1% White and Chocolate Skim Milk. A cold vegetable and fruit bar is available daily on which we feature the vegetables and fruit listed below, additional fruit and vegetable choices may be available in the bar.

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Years Day!!!	2 Holiday Break	3 Holiday Break	4 Holiday Break	5 Holiday Break
8 Chicken Rings Mashed Potatoes w/gravy, Dinner Roll Tossed Salad Fresh Celery Sticks Chilled Peaches Chilled Pears	9 Warm Pretzel Sticks W/ Cheddar Cheese Dip Tossed Salad Fresh Broccoli Cranberry Pear Salad Apple Wedges	10 French Toast Sticks Turkey Sausage Tater Tots, Syrup Tossed Salad Sliced Cucumbers Warm Apple Slices Fresh Banana	11 LUCKY TRAY Grilled Cheese Creamy Tomato Soup Crackers Spinach / Romaine Salad Cherry Tomatoes Pineapple Tidbits Fresh Apple	12 Cheesy French Bread w/ Dipping Sauce Tossed Salad Cauliflower Bites Cinnamon Peaches Mixed Fruit
15 Crispy Chicken Sandwich Oven Baked Tots Tossed Salad Baby Carrots Fresh Red Delicious Apple Diced Pears	16 Nacho Tuesday Beef & Cheese Nachos Refried Beans Mild Salsa Tossed Salad Fresh Pear Cinnamon Applesauce	17 Pancakes with Sausage Patty Hash Browns, Syrup Tossed Salad Sliced Red Peppers Chilled Peaches Apple Juice	18 Popcorn Chicken Dinner Roll Carrot Coins Spinach / Romaine Salad Sliced Cucumbers Pineapple Tidbits Cinnamon Pears LUCKY TRAY	19 Bosco Sticks w/ Dipping Sauce Tossed Salad Fresh Broccoli Mixed Fruit Chilled Applesauce Birthday Treat – Rice Krispie Treat
22 Chicken Nuggets Mashed Potatoes w/ gravy, Chocolate Chip Cookie Tossed Salad Baby Carrots Chilled Applesauce Chilled Peaches	23 Hot Dog w/Bun Classic Baked Beans Tossed Salad Cherry Tomatoes Sliced Cucumbers Chilled Mixed Fruit	24 French Toast Sticks w/ Scrambled Eggs Tater Tots, Syrup Spinach / Romaine Salad Sliced Cucumbers Red Grapes Apple Juice	25 Half Day Breakfast Served	26 Half Day Breakfast Served
29 Chicken Tenders W/ Breadstick Oven Baked Tots Tossed Salad Chilled Peaches Rosy Applesauce	30 Nacho Tuesday Beef & Cheese Nachos Refried Beans Mild Salsa Tossed Salad Fresh Pear Pineapple Tidbits	31 Classic Cheeseburger Classic Baked Beans Tossed Salad Sliced Cucumbers Mixed Fruit Fresh Banana	1 6 Mini Corn Dogs Oven Baked Fries Spinach / Romaine Salad Cherry Tomatoes Cinnamon Applesauce Diced Pears LUCKY TRAY	2 Special Treat Day!! Stuffed Crust Pepperoni Pizza Tossed Salad Fresh Broccoli Mixed Fruit Frozen Fruit Treat "Sidekicks"
Monday	Tuesday	Wednesday	Thursday	Friday
Fun Lunch Cinnamon Toast Cereal, Yogurt, String Cheese	6 Mini Corn Dogs Dinner Roll	Chicken Nuggets w/Dinner Roll	Strawberry Parfaits	Popcorn Chicken w/Dinner Roll

This institution is an equal opportunity provider

January Food Focus of the Month

DARK LEAFY GREENS

LEAFY GREENS: DID YOU KNOW?

- Dark greens are a good source of nutrients including iron, calcium, vitamins A, K and C, fiber, potassium and folate.
- The most common leafy greens are spinach, escarole, collards, kale, turnip greens, arugula, mustard greens, watercress, beet greens and dark green leafy lettuces.
- Keep your greens safe! Wash your hands and clean fresh greens under running water just before eating.
- Greens are typically thought of in salads, but they can also be steamed, roasted, grilled or baked! Look for leafy greens on the salad bar, wild greens and entrée stations!
- Spinach was first cultivated over 2,000 years ago, and became popular in America in the early 1800s.
- Mustard greens lend a peppery flavor to food and originated in India more than 5,000 years ago.
- Leafy greens are a great way to fill up your plate with fewer than 20 calories per cup!

Questions or Comments? Please contact Steve Bellante @ 810.794.8875 or sbellante@acsk12.us

Checks: Please make checks payable to Algonac Food Service or Pay Schools online through Skyward

Menu Subject to Change without Notice

This institution is an equal opportunity provider

