

Fun Facts!

January

EL = K-8 Satellite Hot Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

January is National Oatmeal Month!



- * Oatmeal dates back to 7000BC!
- * 75% of all Americans eat oatmeal!
- * Oatmeal helps prevent heart disease!



DAILY BREAKFAST CHOICES

Hot or cold breakfast choices are available daily, i.e.: Breakfast Sandwich, Pancakes, Cereal & Toast, or Cereal Bar & Toast. Must choose at least 1: Fruit or Juice. May choose 1: Milk Skim, Low Fat White, or Fat Free Chocolate.

DAILY LUNCH CHOICES:

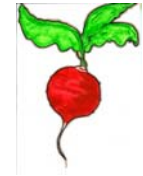
Choose 1: Entrée. Must choose at least 1: Fruit or Vegetable (may choose up to 2 servings each of fruits & veggies with their lunch meal) May Choose: 1 Milk; Skim, Low Fat White, or Fat Free Chocolate.

Available for lunch daily: Meat or Meatless Entrée, Entrée Salads, Cold Sandwiches, Hot & Cold Vegetable choices, Variety of Fruits (fresh or cupped) & Juices



School Resumes Monday, January 8, 2018

All menus are subject to change! We do our best to provide our customers with all of our planned options, however, occasionally weather, crops and supplies have other ideas!



Radish

8

Chicken Nuggets w/ Roll
Glazed Sweet Potatoes
Fresh Veggie Dippers
Canned Fruit

9

SCHOOL FAVORITES DAY
Students choose the menu!



10

Chicken Drumstick
Hush Puppy
Green Beans
Sliced Cucumbers w/ Dip
Juice

11

Beef or Pork Tacos
Refried Fiesta Beans
Leafy Green Side Salad
Fresh Fruit

12

Pizza
Spinach or Collard Greens
Fresh Veggie Dippers
Canned Fruit

15

NO SCHOOL
MLK Jr. DAY



16

Max Sticks
Marinara Cup
Romaine Side Salad
Fresh Fruit

17

Chicken Tender Basket w/ Fries
Steamed Broccoli
Sliced Cucumbers w/ Dip
Juice

18

Breakfast 4 Lunch
Deli Roasted Potatoes
Leafy Green Side Salad
Fresh Fruit

19

Pizza
Oven Baked Beans
Fresh Veggie Dippers
Canned Fruit

22

Chicken Sandwich
Cooked Sliced Carrots
Fresh Veggie Dippers
Canned Fruit

23

Corn Dog
Oven Baked Beans
Romaine Side Salad
Fresh Fruit

24

Teriyaki Beef Dippers
Steamed Broccoli
Sliced Cucumbers w/ Dip
Juice

25

Popcorn Chicken & Waffle
Mixed Vegetable Blend
Leafy Green Side Salad
Fresh Fruit

26

Pizza
Corn Niblets
Fresh Veggie Dippers
Canned Fruit

29

Chicken Nuggets w/ Roll
Mashed Potatoes & Gravy
Fresh Veggie Dippers
Canned Fruit

30

SCHOOL FAVORITES DAY
Students choose the menu!



31

Chicken Drumstick
Hush Puppy
Green Beans
Sliced Cucumbers w/ Dip
Juice



Visit nutrilslice.com for Menu & Nutrition Information. You can also download the app on your mobile device!

