Orange Elementary Food Services

Menus for January 2020

This institution is an equal opportunity provider. Menus are subject to change.

Snap out of it!

Yes, vacation is over, but we're happy to see you – and it won't be too long until February Break!

Welcome Back!

CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of down-side. Why not make this the year you and your family "can" your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Thursday, January 2

Breakfast
Cereal Variety, Milk
Asst. Fresh Fruit
Elf Cinnamon Grahams

Lunch
Hamburger on WW Bun
ALT
Ham & Cheese Sandwich
Sweet Potato Fries, Pickle
Apples
5 a day Fruit & Veggie Bar

Friday, January 3

Breakfast
Cherry Frudel, Milk
Asst. Fresh Fruit, 100% Juice
Chocolate Chip Grahams

Lunch
Asian Rice Bowl w/Veggies
ALT
Turkey & Cheese Sandwich
Cheez It's, Applesauce, Milk
5 a day Fruit & Veggie Bar

NUTRITION TOGO

Can potato chips be part of a healthy meal? That depends. Is a jumbo bag of chips your entire meal? That's not too healthy. But a meal that includes a small bag of chips, a turkey sandwich with lettuce and tomato, a crisp fresh apple, and a glass of low-fat milk is quite nutritious -- and quite delicious, too!

A QUICK BITE FOR PARENTS

Monday, January 6

Breakfast
Cereal Variety
Strawberry Yogurt, Apple,
Milk

Lunch
Ham & Cheese Sandwich
Goldfish Crackers
Carrot Sticks
LF Ranch Dressing, Milk

HALF DAY

Tuesday, January 7

Breakfast
Sweet Potato Cinnamon Roll
Asst. Fresh Fruit, Milk
Merry Cherry Juice

Lunch
Chicken & Gravy, Brown Rice
Whole Wheat Rolls
ALT
Roast Beef Wrap
Peas & Carrots, Milk
5 a day Fruit & Veggie Bar

Wednesday, January 8

Breakfast
Cereal Variety, String Cheese
Asst. Fresh Fruit, Milk

Lunch
Cheese Pizza
ALT
Salami & Cheese Sandwich
Farmer's Garden Salad
Broccoli, Milk
5 a day Fruit & Veggie Bar

Thursday, January 9

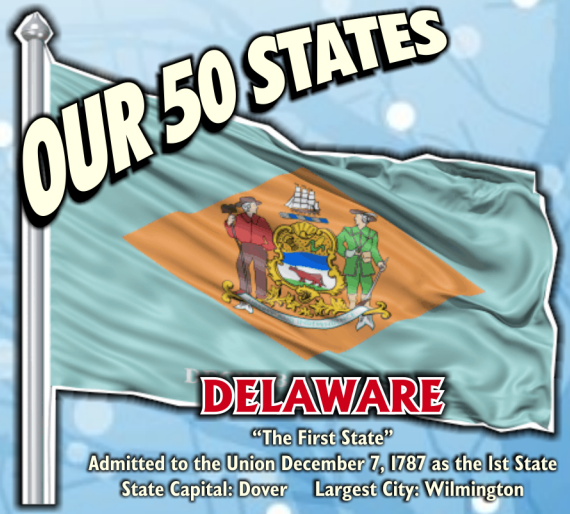
Breakfast
Bagel w/Cream Cheese
Diced Peaches, Fruit Punch
Milk

Lunch
Chicken Fajitas
ALT
Sautéed Vegetable Fajita
With Melted Mozzarella
Spanish Rice, Refried Beans
Fruit Cocktail, Milk
5 a day Fruit & Veggie Bar

Friday, January 10

Breakfast
Cereal Variety, Milk
Asst. Fresh Fruit
Orange Juice
Honey Bunny Grahams

Lunch
Macaroni & Cheese
ALT
Tuna on WW Bun, Peas
Apple, Milk
5 a day Fruit & Veggie Bar



"The First State"
Admitted to the Union December 7, 1787 as the 1st State
State Capital: Dover Largest City: Wilmington