

LUNCH

February 2014

Elementary Schools

Nutrition Tip

Make Fruit More Appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



✿ **monday**

✿ **tuesday**

✿ **wednesday**

✿ **thursday**

✿ **friday**

Brahma Packs – **Tuesdays** will have PB&J (Sunbutter), fruit, cheese stick, fresh veggies w/ff Ranch dressing, & Baked Chips. **Thursdays** will have Ham Sandwich, cheese stick, pickle spear, fruit, lettuce/tomato salad, carrot sticks w/ ff Ranch dressing & baked chips. Served Daily: Fresh & Canned fruit, milk & juice.

MENU ITEMS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY OF PRODUCTS



3
Beef & Cheese Nachos
Seasoned Corn
Lettuce & Tomato Salad

4
Chicken Tenders
Peas & Carrots
Or
Brahma Pack
Cake

5
Frito Pie
Pinto Beans
Tossed Salad

6
Chicken Nuggets
Or
Brahma Pack
Pudding w/ff Cool Whip

7
Hamburger
Lettuce, Tomatoes &
Pickles
Tater Tots or French Fries

EARLY RELEASE!!
10
Chicken Rings
Macaroni & Cheese
Seasoned Corn
Fresh Broccoli w/ ff Ranch
Dressing

11
Grilled Cheese
Or
Brahma Pack
Jello w/ ff Cool Whip

12
Mini Corn Dogs
Baked Beans
Steamed Broccoli w/ Cheese
Carrot Sticks w/ ff Ranch

13
Chicken Sandwich
Or
Brahma Pack
Cookie

14
Hamburger
Lettuce, Tomatoes &
Pickles
Tater Tots or French Fries

17
HOLIDAY!!

18
Chicken Fried Steak
Sandwich
Or
Brahma Pack
Pudding w/ ff Cool Whip

19
Chicken Smackers
Mashed Potatoes & Gravy
Seasoned Green Beans
Whole Wheat Roll

20
BBQ Sandwich
Pinto Beans
Or
Brahma Pack
Cake

21
Hamburger
Lettuce, Tomatoes &
Pickles
Tater Tots or French Fries

24
Tacos
Pinto Beans
Spanish Rice
Lettuce & Tomatoes

25
Hot Dog
Or
Brahma Pack
Brownie

26
Spaghetti w/ Garlic
Breadstick
Tossed Salad
Corn

27
Corn Dog
Or
Brahma Pack
Jello w/ ff Cool Whip

28
Hamburger
Lettuce, Tomatoes &
Pickles
Tater Tots or French Fries

LUNCH

March 2014

Elementary Schools

Lunch Fact

Only one in 10 American kids gets enough Vitamin D, and about four out of 10 kids get the recommended amount of calcium.

Reference: CDC; NCHS. 2007-08. Internet: <http://cdc.gov/nchs/nhanes>.

☘ monday

tuesday

☘ wednesday

☘ thursday

☘ friday

3
Sweet & Sour Chicken
Fried Rice
Seasoned Green Beans
Baby Carrots w/ ff Ranch

4
Steak Fingers
Or
Brahma Pack
Chocolate Chip Cookie

5
Beef Stew Or Soup
Tossed Salad
Seasoned Corn
Cornbread Muffins

6
Chicken Sandwich
Or
Brahma Pack
Pudding w/ff Cool Whip

7
Hamburger
Lettuce, Tomatoes &
Pickles
Tater Tots or French Fries
Baked Beans

10
SPRING BREAK!!

11
SPRING BREAK!!

12
SPRING BREAK!!

13
SPRING BREAK!!

14
SPRING BREAK!!

17
Cheese Quesadilla
Refried Beans
Spanish Rice
Fresh Veggies w/ ff Ranch

18
Chicken Sticks
Or
Brahma Pack
Cake

19
Pizza Stick
Tossed Salad
Corn

20
Mozzarella Sticks
w/ Marinara Sauce
Or
Brahma Pack
Brownie

21
Hamburger
Lettuce, Tomatoes &
Pickles
Tater Tots or French Fries

24
Beef & Cheese Nachos
Seasoned Corn
Lettuce & Tomato Salad

25
Chicken Tenders
Peas & Carrots
Or
Brahma Pack
Brownie

26
Frito Pie
Pinto Beans
Tossed Salad

27
Chicken Nuggets
Or
Brahma Pack
Pudding w/ff Cool Whip

28
Hamburger
Lettuce, Tomatoes &
Pickles
Tater Tots or French Fries

31
Chicken Rings
Macaroni & Cheese
Seasoned Corn
Fresh Broccoli w/ ff Ranch
Dressing

Brahma Packs – **Tuesdays** will have PB&J (Sunbutter), fruit, cheese stick, fresh veggies w/ff Ranch dressing, & Baked Chips. **Thursdays** will have Ham Sandwich, cheese stick, pickle spear, fruit, lettuce/tomato salad, carrot sticks w/ ff Ranch dressing & baked chips. Served Daily: Fresh & Canned fruit, milk & juice.

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April 2014

Elementary Schools

Nutrition Tip

Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

✿ monday

✿ tuesday

✿ wednesday

✿ thursday

✿ friday

Grilled Cheese **1**
Or
Brahma Pack
Jello w/ ff Cool Whip

Mini Corn Dogs **2**
Baked Beans
Steamed Broccoli
Carrot Sticks w/ ff Ranch

Chicken Sandwich **3**
Or
Brahma Pack
Cookie

Hamburger **4**
Lettuce, Tomatoes &
Pickles
Tater Tots or French Fries

Pizza **7**
Seasoned Corn
Tossed Salad
Baby Carrots w/ ff Ranch
Dressing

Chicken Fried Steak **8**
Sandwich
Or
Brahma Pack
Pudding w/ ff Cool Whip

Chicken Smackers **9**
Mashed Potatoes & Gravy
Seasoned Green Beans
Whole Wheat Roll

BBQ Sandwich **10**
Pinto Beans
Or
Brahma Pack
Cake

Hamburger **11**
Lettuce, Tomatoes &
Pickles
Tater Tots or French Fries

Tacos **14**
Pinto Beans
Spanish Rice
Lettuce & Tomatoes

Hot Dog **15**
Or
Brahma Pack
Brownie

Spaghetti w/ Garlic **16**
Breadstick
Tossed Salad
Corn

HOLIDAY!! 17

HOLIDAY!! 18

Sweet & Sour Chicken **21**
Fried Rice
Seasoned Green Beans
Baby Carrots w/ ff Ranch

Steak Fingers **22**
Or
Brahma Pack
Chocolate Chip Cookie

Beef Stew Or Soup **23**
Tossed Salad
Seasoned Corn
Cornbread Muffins

Chicken Sandwich **24**
Or
Brahma Pack
Pudding w/ff Cool Whip

Hamburger **25**
Lettuce, Tomatoes &
Pickles
Tater Tots or French Fries
Baked Beans

Cheese Quesadilla **28**
Refried Beans
Spanish Rice
Fresh Veggies w/ ff Ranch
Dressing

Chicken Sticks **29**
Or
Brahma Pack
Cake

Pizza Stick **30**
Tossed Salad
Corn

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LUNCH

May 2014

ELEMENTARY SCHOOLS

Lunch Fact

MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be developmentally-appropriate, fun, and offer variety.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



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Mozzarella Sticks **1**
w/ Marinara Sauce
Or
Brahma Pack
Brownie

Hamburger **2**
Lettuce, Tomatoes &
Pickles
Tater Tots or French Fries

Beef & Cheese Nachos **5**
Seasoned Corn
Lettuce & Tomato Salad

Chicken Tenders **6**
Peas & Carrots
Or
Brahma Pack

Frito Pie **7**
Pinto Beans
Tossed Salad

Chicken Nuggets **8**
Or
Brahma Pack
Pudding w/ff Cool Whip

Hamburger **9**
Lettuce, Tomatoes &
Pickles
Tater Tots or French Fries

Chicken Rings **12**
Macaroni & Cheese
Seasoned Corn
Fresh Broccoli w/ ff Ranch
Dressing

Grilled Cheese **13**
Or
Brahma Pack
Jello w/ ff Cool Whip

Mini Corn Dogs **14**
Baked Beans
Steamed Broccoli
Carrot Sticks w/ ff Ranch

Chicken Sandwich **15**
Or
Brahma Pack
Cookie

Hamburger **16**
Lettuce, Tomatoes &
Pickles
Tater Tots or French Fries

Pizza **19**
Seasoned Corn
Tossed Salad
Baby Carrots w/ ff Ranch
Dressing

Chicken Fried Steak **20**
Sandwich
Or
Brahma Pack
Pudding w/ ff Cool Whip

Chicken Smackers **21**
Mashed Potatoes & Gravy
Seasoned Green Beans
Whole Wheat Roll

BBQ Sandwich **22**
Pinto Beans
Or
Brahma Pack
Cake

Hamburger **23**
Lettuce, Tomatoes &
Pickles
Tater Tots or French Fries

Tacos **26**
Pinto Beans
Spanish Rice
Lettuce & Tomatoes

Hot Dog **27**
Or
Brahma Pack
Brownie

Spaghetti w/ Garlic **28**
Breadstick
Tossed Salad
Corn

Corn Dog **29**
Or
Brahma Pack
Jello w/ ff Cool Whip

Hamburger **30**
Lettuce, Tomatoes &
Pickles
Tater Tots or French Fries

LUNCH

June 2014

ELEMENTARY SCHOOLS

Lunch Fact

95% of Americans still aren't eating enough whole grain. Whole grains give kids the energy they need to be active and play sports!

Reference: U.S. Department of Health and Human Services and U.S. Department of Agriculture Dietary Guidelines for Americans, 2010.



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2
Sweet & Sour Chicken
Fried Rice
Seasoned Green Beans
Baby Carrots w/ ff Ranch

3
Steak Fingers
Or
Brahma Pack
Chocolate Chip Cookie

4
Beef Stew Or Soup
Tossed Salad
Seasoned Corn
Cornbread Muffins

5
Chicken Sandwich
Or
Brahma Pack
Pudding w/ff Cool Whip

6
Hamburger
Lettuce, Tomatoes &
Pickles
Tater Tots or French Fries
Baked Beans

9

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