

Jordak Elementary January 2018 Lunch Menu

Food Service Director: Janis Benton
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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk
**Students must choose at least one fruit or vegetable*



This Institution is an equal opportunity provider.

Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:

Broccoli Florets
Carrots
Leafy Green Salads
Legume Salads
Celery & Cucumber

*May choose two 1/2 cup servings cup servings

Fresh Produce from Local Farms based on crop availability

*Fruits may include:
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
*May choose 1/2 cup serving



Whole Grains Available Daily



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

Lunch Prices:	Ala Carte Items:	
Paid \$2.65	Extra Entrée \$2.25	Chips \$0.75
Reduced \$4.00	Cookie \$0.40	Ice Cream \$1.00
Adult \$3.40	8oz Water \$0.55	Milk \$0.50

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	No School	2	No School	3	No School
8	Italian Dunkers With Marinara Sauce Steamed Broccoli Chilled Fruit Mix Choice of Milk	9	Taco Tuesday! 2 - 6" Soft Beef Taco With Lettuce and Cheese Fiesta Beans Juicy Diced Peaches Choice of Milk	10	Grilled Cheese Sandwich Tomato Soup Tasty Steamed Carrots Chilled Applesauce Choice of Milk
15	No School MLK Day	16	Hot Dog on a Whole Wheat Bun Yummy Green Beans Chilled Fruit Mix Choice of Milk Sweet Treat	17	Chicken and Gravy Over Mashed Potatoes Whole Wheat Biscuit Tasty Steamed Carrots Juicy Diced Peaches Choice of Milk <i>Lucky Tray Day</i>
22	Italian Dunkers With Marinara Sauce Tasty Steamed Carrots Juicy Diced Pears Choice of Milk	23	Taco Tuesday! Sloppy Joe or Sloppy Nacho Fiesta Beans <i>Carmel Drizzled Apples</i> Choice of Milk	24	Breakfast For Lunch 2 Pancakes With 2 Sausage Links Crisp Potato Rounds Chilled Fruit Mix Choice of Milk
29	Grilled Cheese Sandwich Yummy Green Beans Pineapple Tidbits Choice of Milk	30	Spaghetti with Meatballs Fresh Green Salad Juicy Diced Pears Choice of Milk	31	Popcorn Chicken With a Slice of Bread Tasty Steamed Carrots Yummy Mandarin Oranges Choice of Milk <i>Stewed Tomatoes</i>
	Monday Second Entrée Option: Chicken Nuggets With a Slice of Bread	Tuesday Second Entrée Option: Ham and Cheese Munchables	Wednesday Second Entrée Option: Hamburger/Cheeseburger On Bun	MENUS SUBJECT TO CHANGE	
				Thursday Second Entrée Option: Nacho Munchables	Friday Second Entrée Option: Breaded Chicken Patty on a Bun