


January 2023

ELS LUNCH MENU

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	~ ALL PROGRAMS CLOSED	3 Pepperoni Pizza Stick Fresh Baby Carrots Pineapple Tidbits Milk	4 WG Fish Stars Peas Peaches WW Roll Milk	5 Cheeseburger on WW/ Bun Tater Tots Diced Pears Milk	6 Meat Lasagna Green Beans Mixed Fruit WW Roll Milk	7
8	9 WG Cheese Pizza Mixed Vegetables Pineapple Tidbits Milk	10 Turkey and Cheese Sandwich on WW/ Bread Fresh Baby Carrots Mixed Fruit Milk	11 Chicken Nuggets Corn Mandarin Oranges WW Roll Milk	12 BBQ Meatballs Green Beans Diced Peaches WW Roll Milk	13 Cheese Omelet Hash brown Diced Pears WG Biscuit Milk	14
15 ~ We use only flash frozen vegetables ~	~ ALL PROGRAMS CLOSED	17 WG Pancakes Rosemary Potatoes Turkey Bacon Diced Pears Milk	18 Chicken Sandwich on WW Bun Corn Mandarin Oranges Milk	19 Hot Ham & Cheese Croissant Fresh Baby Carrots Fresh Sliced Apples Milk	20 Spaghetti W/ Meatballs Peas Mixed Fruit WW Roll Milk	Fluid Milk: 1 year old: unflavored whole milk 2-5 year old: unflavored fat-free (skim) or low-fat (1%) milk
22 ~ Children under two years old will be offered cooked carrots when menu says raw baby carrots ~	23 Grilled Chicken Green Beans Peaches WW Roll Milk	24 Macaroni and Cheese Peas Pears WW Roll Milk	25 Hamburger on WW/ Bun French Fries Mandarin Oranges Milk	26 Pepperoni Pizza Sticks Mixed Vegetables Mixed Fruit Milk	ECE Closed Parent - Teacher Conferences	Breastmilk may be substituted for cow's milk Non-Dairy Beverages may be served with appropriate documentation
29	30 Turkey and Cheese Sandwich on WW Bread Fresh Baby Carrots Mandarin Oranges Milk	31 BBQ Pulled Pork on WW Bun French Fries Pears Milk				Juice, if served, is pasteurized full strength (100%) juice WG, WW and WGR indicate whole grain-rich foods