



Enjoy your Lunch Ell-Saline!



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



Bean & Beef Burrito **7**
 Tomato Salsa
 Romaine Lettuce, Corn
 Fresh Orange, Milk
 MS/HS Tortilla Chips

Pig in a Blanket **14**
 Roasted Red Potatoes
 Broccoli & Cheese
 Apple Quarters, Milk Choice

No School Today **21**
 Teacher-In-Service

Chicken Nuggets **28**
 Seasoned Brown Rice
 Celery Sticks, WG Roll
 Cherry Tomatoes,
 Orange Halves, Milk

Tuesday

Happy New Year! **1**
 Winter Break

Elem-Stromboli **8**
 MS/HS Homemade Pizza
 Garden Salad
 Baby Carrots,
 Fresh Banana, Milk

Spaghetti w/Meat Sau **15**
 Garlic Bread
 Garden Salad
 Mandarin Oranges, Milk

Rib Patty on a Bun **22**
 Tri Tater, Baby Carrots
 Cucumber Slices
 Orange Halves, Milk

Hamburger on a Bun **29**
 Cream Coleslaw
 Baked Beans
 Banana, Milk Choice

Wednesday

Winter Break

BBQ on a Bun **9**
 Baked Beans
 Green Pepper Strips
 Tropical Fruit
 Brownie, Milk

Chicken Wrap **16**
 Savory Rice
 Leaf Lettuce & Tomato Slice
 Fresh Grapes, Cookie, Milk

Taco Soup & Tortilla C **23**
 Tomato Salsa
 Refried Beans
 Strawberries & Banana Milk

Cheese Bread Sticks **30**
 Marinara Sauce
 Steamed Broccoli Tossed
 Salad, Diced Peaches, Milk

Thursday

Mini Meatball Sub **3**
 Tri-Tater
 Baby Carrots
 Diced Peaches
 Milk Choice

Turkey & Cheese Sub **10**
 Leaf Lettuce, tomato Slices
 Sweet Potato Tots
 Fresh Apple Quarters
 Milk Choice

Chili Crispito **17**
 Bell Pepper Strips
 Refried Beans, Romaine
 Tortilla Chips, Tomato Salsa
 Pineapple, Milk

Corn Dog **24**
 Baked Beans
 Tater Tots
 Fruit Cocktail,
 Snickerdoodle, Milk

Super Nacho's **31**
 Romaine Lettuce
 Refried Beans
 Tomato Salsa, Apple, Milk

Friday

Chicken Tetrazzini **4**
 Tossed Salad
 Broccoli Florets
 Fresh Apple
 Garlic Bread, Milk Choice

Country Beef Patty **11**
 Mashed Potatoes & Gravy
 Steamed Broccoli
 Pineapple Tidbits
 Roll & Jelly, Milk

Chicken & Noodles **18**
 Mashed Potatoes
 Green Beans
 Tropical Fruit
 Roll & Honey, Milk

Turkey & Cheese Sub **25**
 Seasoned Corn
 Leaf Lettuce/ Tomato Slice
 Apple Quarters, Milk



Pizza