

Welcome to our Lunch Cafe at...

Side By Side Community School

January 2019

MEATLESS MONDAY

Monday

HARVEST
of the MONTH



Tuesday



Wednesday

Thursday

Friday

1
WEEKLY ALTERNATE: ORGANIC PRETZEL, SUNBUTTER & MOZZARELLA
CHEESE STICK

2 Grilled Cheese Sandwich
golden toasted bread with melted gooey cheese pressed and prepared in-house
Baked Potato Wedges
Red Pepper Strips
Sliced Peaches

3 Baked Chicken Tenders
Homemade Deli Style
Coleslaw
Whole Wheat Dinner Roll
Cucumber Coins
Garbanzo Beans

4 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Or Pepperoni Pizza
With
Caesar Salad
Fresh Baby Carrots

7 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce
Tomato Sauce
Steamed Peas
Dinner Rolls
MEATLESS MONDAY

8 Baked Chicken Tenders
Sweet Potato Fries
Whole Wheat Dinner Roll
Cucumber Coins
Pineapple Cup

9 Tangerine Dream Chicken
Rice Bowl
Bowl with breaded chicken in tangerine sauce, brown rice, broccoli, carrots, and red peppers
Red Pepper Strips
Fresh Orange

WEEKLY ALTERNATE: ORGANIC PRETZEL, SUNBUTTER & MOZZARELLA
CHEESE STICK

10 Nachos with Cheese
creamy cheese layered over a bed of nachos
With Black Beans
And Mild Salsa
Or
Garden Salad with
Cheese Entree
HARVEST

11 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Or Pepperoni Pizza
With
Caesar Salad
Grape Tomatoes

14 Homemade Mac & Cheese
pasta in cheese sauce, garnished with parsley
With Steamed Peas
Veggie Burger
Fresh Orange
Cucumber Coins
MEATLESS MONDAY

15 Crispy Popcorn Chicken
crispy breaded chicken bites baked to perfection
Whole Wheat Dinner Roll
Veggie Burger
Sweet Potato Fries
Diced Pear Cup
Fresh Baby Carrots

16 Sloppy Joe on a Bun
home made sloppy joe served on a soft bun
Or Garden Salad with
Cheese Entree
Red Pepper Strips
Sliced Peaches
Cucumber Coins

WEEKLY ALTERNATE: ORGANIC VEGGIE BURGER ON A SOFT WHOLE WHEAT BUN

17 Chicken Bowl with Gravy
Fluffy Mashed Potatoes
Roasted Squash
Veggie Burger
Or Garden Salad with
Cheese Entree
Garbanzo Beans
HARVEST

18 Cheese Pizza
Or
Pepperoni Pizza
cheese pizza topped with pepperoni
And
Caesar Salad
Veggie Burger
Fresh Baby Carrots

21 Whole Grain French
Toast
slices of French toast baked to perfection
With Syrup
And Crispy Potato Puffs
Fruity Parfait
Fresh Apple
Fresh Baby Carrots
IT'S BRUNCH FOR LUNCH TIME

22 Baked Chicken Tenders
Sweet Potato Fries
Whole Wheat Dinner Roll
Fruity Parfait
Fresh Apple
Cucumber Coins

23 Chicken Cheese
Quesadilla
hand crafted grilled flour tortilla filled with juicy chicken and melty cheese
With Mild Salsa
Red Pepper Strips
Or Garden Salad with
Cheese Entree
Fruity Parfait

WEEKLY ALTERNATE: FRUITY GRANOLA PARFAIT

24 Beef Hot Dog on Bun
juicy beef hot dog on a soft bun
With Ketchup
And Baked Beans
Fruity Parfait
Or Garden Salad with
Cheese Entree
Sliced Peaches
Cucumber Coins

25 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Or Pepperoni Pizza
With Caesar Salad
Fruity Parfait
Fresh Orange
Celery

28 Stuffed Bread
baked bread sticks filled with melted cheese
Tomato Sauce Dip
Steamed Peas
Fresh Apple
Cucumber Coins
MEATLESS MONDAY

29 Chicken Wings
breaded chicken wings baked to perfection
With BBQ Sauce
Sweet Potato Fries
And Whole Wheat Dinner Roll
Fresh Orange
Celery

30 Lemongrass Chicken
breaded chicken smothered in lemongrass flavored sauce
Brown Rice
Steamed Peas
Whole Wheat Dinner Roll
Red Pepper Strips
Sliced Peaches

WEEKLY ALTERNATE: CRUDITE & CHEESE PLATTER

31 Cheeseburger
burger topped with cheese on a freshly toasted bun
Or Burger
With Baked Potato
Wedges
Garden Salad with
Cheese Entree
Fresh Apple
Cucumber Coins

WHITSON'S
School Nutrition
Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.

Our Simply Rooted™ food philosophy and sustainability platform is based on delivering wholesome, all-natural meals to everyone's table, while giving back to the environment.

Available Daily with ALL Meals:
Fresh Seasonal Whole Fruits, Assorted Chilled Fruit Cups, Low Fat, Skim, Chocolate or Lactose Free Milk
Fresh Vegetables:
Grape Tomatoes, Celery, Baby Carrots & Cucumbers
Alternate Meals Available Daily:
Fresh Garden Salad with Cheese
Cheese Sandwich
Deli Options Available:
Turkey, Ham, Turkey Salami, Turkey Bologna, Tuna Salad, American, Provolone, or Swiss
Cheese, Lettuce, Tomato, Whole Wheat Kaiser Roll **VEGETARIAN MEAT MADE WITH NATURAL INGREDIENTS** **PORK** **MADE WITH ORGANIC INGREDIENTS**

Lunch Prices:
Elementary Lunch \$2.65
Milk \$.50
Reduced Lunch \$.40

If you have any questions please contact the Frank Harris Nutrition Center at 203-



*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.