




# JANUARY 2012



## RICHFIELD & PLAT ELEMENTARY LUNCH MENU

Menu subject to change. Lunch Price is \$2.35. All meals come with choice of low-fat or skim milk. Ala carte milk is 35¢. Grades 3 thru 8 meals come with Tossed Salad.

Monday	Tuesday	Wednesday	Thursday	Friday
2-Jan <b>No School Today</b>	3-Jan Sweet & Sour Chicken Steamed Broccoli Mandarin Oranges Egg Roll	4-Jan Grilled Cheese Sandwich Tomato Soup Fresh Carrots & Peppers Fruit Cocktail  <b>National Soup Month</b>	5-Jan Tater Tot Hot Dish Green Beans Peach Slices Dinner Roll	6-Jan Mini Corn Dogs Baked Beans California Blend Vegetables Orange Wedges
9-Jan Popcorn Chicken Glazed Carrots Sliced Pears String Cheese	10-Jan White Chicken Chili Winter Blend Vegetables Peach Slices Cornbread	11-Jan French Toast & Eggs Breakfast Potatoes Strawberries Yogurt Cup	12-Jan Chicken Soft Taco Mexican Rice Corn Cinnamon Applesauce	13-Jan Meatball Pocket Melt Parmesan Noodles RF-Green Beans PL-Salad Fresh Grapes
16-Jan Chicken Nuggets Peas Pineapple Tidbits Chocolate Pudding	17-Jan Cheese Pizza Caesar Salad Mixed Vegetables Orange Wedges  <b>National Skating Month</b>	18-Jan Hamburger Sweet Potato Waffle Fries Green Beans Peach Slices	19-Jan Deli Sub Sandwich Fresh Veggies & Hummus Pear Slices Pretzels	20-Jan Chicken Giggles Potato Smiles Applesauce Rice Krispie Bar
23-Jan <b>Early Release Day</b> <b>No Lunch Today</b>	24-Jan Teriyaki Chicken Bites Steamed Rice Mandarin Spinach Salad Pineapple Tidbits	25-Jan Lasagna California Blend Vegetables Peach Slices Garlic Breadstick	26-Jan Taco Salad Refried Beans Corn Warm Cinnamon Apples	27-Jan Lil' Smokie Franks Cheesy Noodles Green Beans Fresh Kiwi
30-Jan Italian Chicken Sandwich Parmesan Noodles Mixed Vegetables Pear Slices	31-Jan Chicken Pot Pie with Biscuit Peas Fresh Apple Slices Ice Cream Cup	<b>DID YOU KNOW...</b> Breakfast builds better bodies, provides fuel for school and boosts brain power? Research shows that when kids eat breakfast: <ul style="list-style-type: none"> <li>- they are more likely to get the nutrients they need to get through the morning;</li> <li>- they have higher test scores, miss less school, and are tardy less often;</li> <li>- it's easier for them to focus, concentrate, solve problems, and learn;</li> <li>- and it's easier for them to behave in the classroom.</li> </ul> 		

This institution is an equal opportunity provider.