

# Northeast Bradford Elementary Lunch Dec/Jan

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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*



## Fresh Fruits and Vegetables Offered Daily

\*Vegetables may include:

Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber  
\*May choose two 1/2 cup servings

\*Fruits may include:





Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce  
\*May choose one 1/2 cup serving

**MENUS SUBJECT TO CHANGE**



## Milk Choices Offered Daily

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Alternates
12/4 Pasta w/ Meatballs & Garlic Bread Italian Green Beans Peaches Low Fat Milk	12/5 Hot Ham & Cheese on a Pretzel Bun Baked Fries Chilled Peaches Low Fat Milk	12/6 Breakfast for Lunch Bar Whole Grain Waffles w. Assorted Toppings Sausage Patties Tater Tots Cinnamon Apples Low Fat Milk	12/7 Salisbury Steak w/ B uttered Noodles Mashed Potatoes w. Gravy Fruit Cocktail Low Fat Milk	12/8 Italian Dunkers w. Marinara Sauce Steamed Broccoli Mixed Berry Applesauce Milk Choice	Week 1 Chicken Patty Sandwich Turkey & Cheese Wrap PB& J
12/11 Fish Sticks w/ Buttered Noodles Peas Fruit Cocktail Low Fat Milk	12/12 Pulled Pork Loaded Fries Carrots Fresh Banana Low Fat Milk	12/13 Hot Dog on a Bun Tator Tots Fresh Oranges Low Fat Milk	12/14 Popcorn Chicken Bowl Mashed Potatoes w. Gravy Pineapple Tidbits Low Fat Milk	12/15 Alfredo Pizza Green Beans Red Delicious Apple Low Fat Milk	Week 2 Popcorn Chicken w. Sliced Bread Turkey & Cheese Sandwich PB& J
12/18 Beef Nachos w. Queso Fiesta Rice Golden Corn Pears Low Fat Milk	12/19 Creamy Macaroni & Cheese w/ Garlic Toast Broccoli Mandarin Oranges Low Fat Milk	12/20 <b>Holiday Dinner</b> Baked Ham w/ Dinner Roll Mashed Potatoes w/ Gravy Green Beans Pineapple Crisp Low Fat Milk	12/21 Meatball Hoagie Steamed Peas Fresh Banana Low Fat Milk	12/22 Chef's Choice Selection Fresh Vegetable Assorted Fruit Low Fat Milk	Week 3 Cheeseburger on a Bun Ham & Cheese Hoagie PB& J
12/25	<div>Merry Christmas</div>		<div><div>No School Holiday Break</div><div>12/25-1/2</div></div>	<div>29</div>	
1/1 	1/2 	1/3 Beef Nachos w. Queso Fiesta Rice Golden Corn Pears Low Fat Milk	1/4 Grilled Cheese w/ Tomato Soup Carrot Coins Fresh Banana Low Fat Milk	1/5 Pepperoni Pizza Green Beans Mandarin Oranges Low Fat Milk	Week 5 Chicken Nuggets w. Sliced Bread Italian Hoagie PB& J
1/8 Bacon, Egg, & Cheese on an English Muffin Tater Tots Assorted Juice Low Fat Milk	1/9 Cheeseburger Pinwheel Buttered Carrots Apple Crisp Low Fat Milk	1/10 Pasta w/ Meatsauce & Garlic Bread Italian Green Beans Peaches Low Fat Milk	1/11 Salisbury Steak w/ B uttered Noodles Mashed Potatoes w. Gravy Fruit Cocktail Low Fat Milk	1/12 Brunch for Lunch French Toast w/ Sausage Tator Tots Mixed Berry Applesauce Milk Choice	Week 6 Chicken Patty Sandwich Turkey & Cheese Wrap PB& J