

# Northeast Bradford Elementary Lunch Jan/Feb

Shelley Judge, Director of Food and Nutrition  
NortheastBradford@thenutritiongroup.biz



## 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
1/15 No School	1/16 Hot Ham & Cheese on a Pretzel Bun Baked Fries Chilled Peaches Low Fat Milk	1/17 Chicken & Gravy over Biscuit Mashed Potatoes Applesauce Low Fat Milk	1/18 Korean BBQ Dumplings w/ Fried Rice Sweet Peas Mandarin Oranges Low Fat Milk   Fresh Produce from Local Farms based on crop availability	1/19 Cheese Pizza Black Beans Apple Low Fat Milk	Week 1 Hot Dog on a Bun Ham & Cheese Sandwich PB& J
1/22 Popcorn Chicken Bowl Mashed Potatoes w. Gravy Pineapple Tidbits Low Fat Milk	1/23 Taco Tuesday Beef Nachos w. Cheddar Cheese Sauce & Rice Golden Corn Diced Pears Low Fat Milk	1/24 Fish Sticks Buttered Noodles Mixed Vegetables Fresh Banana Low Fat Milk	1/25 Lasagna Roll w/ <b>Bread</b> Green Beans Fresh Orange Low Fat Mil	1/26 Italian Dunkers w. Marinara Sauce Steamed Broccoli Mixed Berry Applesauce Milk Choice	Week 2 Pork BBQ Sandwich Breaded Chicken & Cheese Wrap PB & J
1/29 Pulled Pork Nachos Broccoli Fresh Oranges Low Fat Milk	1/30 Taco Tuesday Pulled Pork Nachos Sweet Corn Assorted Juice Low Fat Milk	1/31 Chicken Quesadilla Whole Grain Waffles w. Assorted Toppings Sausage Patties Tater Tot Cinnamon Apples	2/1 Pergies With Garlic Toast Sweet Peas Chilled Peaches Low Fat Milk	2/2 Pepperoni Pizza Steamed Broccoli Fresh Oranges Low Fat Milk	Week 3 Cheeseburger on a Bun Ham & Cheese Hoagie PB& J
2/5 Macaroni & Chees Golden Corn Pineapple Tidbits Low Fat Milk	2/6 Taco Tuesday Chicken Tacos Black Bean & Corn Salad Fresh Apple Low Fat Milk	2/7 Grilled Cheese w/ Tomato Soup Roasted Chickpeas Fresh Banana Fat Milk  	2/8 Pancake w/ Sausage Tater Tot Assorted Juice Low Fat Milk	2/9 Pepperoni Pinwheel Buttered Carrots Pineapple Pieces Low Fat Milk	Week 4 Chicken Nuggets w. Sliced Bread Italian Hoagie PB& J
2/12 Pasta w/ Meatballs & Garlic Bread Italian Green Beans Peaches Low Fat Milk	2/13 Taco Tuesday Beef or Chicken Nacos Buttered Corn Fresh Banana Low Fat Milk	2/14 Breakfast for Lunch Bar Whole Grain Waffles w. Assorted Toppings Sausage Patties Tater Tot Cinnamon Apples Low Fat Milk	2/15 Salisbury Steak w/ B uttered Noodles Mashed Potatoes w. Gravy Fruit Cocktail Low Fat Milk	2/16 No School	Week 5 Chicken Patty Sandwich Turkey & Cheese Wrap PB& J
2/19 No School	2/20 Walking Taco Steamed Rice Buttered Corn Fresh O	2/21 Fish Sticks Buttered Noodles Mixed Vegetables Fresh Banana Low Fat Milk	2/22 Korean BBQ Dumplings w/ Fried Rice Sweet Peas Mandarin O	2/23 Italian Dunkers w. Marinara Sauce Steamed Broccoli Mixed Berry Applesauce	Week 6 Corn Dog on a Stick Italian Hoagie PB & J