

Northeast Bradford Elementary Lunch Jan/Feb

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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
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/ Bread Green Beans Fresh Orange Low Fat Mil	1/26 Italian Dunkers w. Marinara Sauce Steamed Broccoli Mixed Berry Applesauce Low Fat Milk	Week 2 Pork BBQ Sandwich Breaded Chicken & Cheese Wrap PB & J
1/29 Hot Ham & Cheese Sandwich Broccoli Fresh Oranges Low Fat Milk	1/30 Taco Tuesday Pulled Pork Nachos Sweet Corn Assorted Juice Low Fat Milk	1/31 Chicken Quesadilla Golden Corn Cinnamon Apples Low Fat Milk	2/1 Perogies 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 & Cheese 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 Low Fat Milk	2/8 Pancake w/ Sausage Tater Tots 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 Nachos Buttered Corn Fresh Banana Low Fat Milk	2/14 Breakfast for Lunch Bar Rain Waffles w. Assorted Toppings Sausage Patties Tater Tots Cinnamon Apples Low Fat Milk	2/15 Salisbury Steak w/ Buttered 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 Orange Low Fat Milk	2/21 Fish Sticks Buttered Noodles Mixed Vegetables Fresh Banana Low Fat Milk	2/22 Korean BBQ Dumplings w/ Fried Rice Sweet Peas Mandarin Oranges Low Fat Milk	2/23 Italian Dunkers w. Marinara Sauce Steamed Broccoli Mixed Berry Applesauce Milk Choice	Week 6 Corn Dog on a Stick Italian Hoagie PB & J