

# JANUARY | 2020

## SOUTHWEST ELEMENTARY LUNCH MENU

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. MENU SUBJECT TO CHANGE**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**6** *B: Banana Split w/ Waffle Cracker*  
 Chicken Tenders w/ Roll,  
 Pizza,  
 Bosco Sticks  
 Green beans,  
 Cauliflower,  
 Garden Salad  
 Fresh Fruit (Banana),  
 Raisins

**7** *B: Eggs w/ Bacon & Cheese w/ cracker*  
 Ravioli w/ Breadstick,  
 Yogurt w/ Cheese Stick & Cracker,  
 Chef Salad w/ Diced Ham  
 Treat Tuesday  
 Winter Blend  
 Cooked Spinach,  
 Cucumbers & Tomatoes  
 Mandarin Oranges,  
 Peaches

**8** *B: Breakfast on a Stick*  
 Chicken Teriyaki W/ Rice,  
 PB&J w/ Yogurt & Cracker,  
 Pepperoni Strips  
 Broccoli  
 Cooked Carrots  
 Garden Salad  
 Fresh Fruit (Grapes),  
 Applesauce Cups

**9** *B: Pancakes*  
 Chili & Crackers,  
 Pepperoni Calzone,  
 Hot Dog / Chili Dog  
 Corn,  
 Sugar Snap Peas,  
 Celery & Carrots  
 Fresh Fruit (Apple),  
 Peaches

**10** *B: Muffins /w Cheese Stick*  
 Beef & Cheese Nachos,  
 Comdog,  
 Hamburger  
 Sweet Potato Fries,  
 Baked Beans  
 Salsa  
 Cinn. / Straw. Applesauce Cups,  
 Pears

**13** *B: Yogurt Parfait w/ Granola*  
 Toasted Cheese,  
 Chicken & Waffles  
 Southwest Birger  
 Green Beans  
 Sweet Potato Fries,  
 Garden Salad  
 Fresh Fruit (Cuties),  
 Pineapple

**14** *B: Ham & Cheese Frittata w/ cracker*  
 Pepperoni Calzone,  
 Taco Salad w/ Scoops,  
 Turkey & Bacon Wrap  
 Treat Tuesday  
 Winter Blend,  
 Peas & Carrots,  
 Cucumbers & Tomatoes  
 Craisins,  
 Applesauce

**15** *B: Breakfast Pizza*  
 Chicken Patty Sandwich,  
 Ham & Cheese Strips,  
 PB&J w/ Yogurt & Cracker  
 Broccoli,  
 California Blend  
 Garden Salad  
 Fresh Fruit (Strawberries & Kiwi),  
 Mixed Fruit

**16** *B: Pancakes*  
 Sloppy Joes w/ Scoops,  
 Yogurt w/ Cheese Stick & Cracker,  
 Fish Nuggets w/ Pretzel Stick  
 Cauliflower  
 Corn,  
 Celery & Carrots  
 Fresh Fruit (Apple),  
 Pineapple

**17** *B: Muffins /w Cheese Stick*  
 Orange Chicken over Rice,  
 Hot Dog,  
 Pizza  
 Mixed Vegetables,  
 Peas,  
 Baby Carrots  
 Mandarin Oranges,  
 Peaches

**20** *B: Banana Split w/ Waffle Cracker*  
 Corn Dog,  
 Yogurt w/ Cheese Stick & Cracker,  
 Spicy Chicken Sandwich  
 Winter Blend,  
 Green Beans,  
 Celery & Carrots  
 Fresh Fruit (Banana),  
 Pears

**21** *B: Eggs w/ Bacon & Cheese w/ Cracker*  
 Spaghetti w/ Bread Stick,  
 Chef Salad w/ Popcorn Chicken,  
 Build Your Own Pizza  
 Treat Tuesday  
 California Blend,  
 Cooked Spinach,  
 Cucumbers & Tomatoes  
 Mixed Fruit,  
 Mandarin Oranges

**22** *B: Breakfast on a Stick*  
 Pepperoni Strips,  
 Hot Dog,  
 PB&J w/ Yogurt & Cracker,  
 Brussels sprouts,  
 Peas,  
 Garden Salad  
 Fresh Fruit (Grapes),  
 Raisins

**23** *B: French toast*  
 Chicken Quesadilla,  
 Hamburger,  
 Pizza  
 Sweet Mashed Potatoes,  
 Refried Beans,  
 Salsa  
 Fresh Fruit (Orange),  
 Pineapple

**24** *B: Muffins /w Cheese Stick*  
 Bosco Sticks,  
 Meat Ball Sub,  
 Popcorn Chicken w/ Pretzel Stick  
 Broccoli,  
 Sugar Snap Peas  
 Baby Carrots  
 Peaches,  
 Cinn./Straw. Applesauce Cup

**27** *B: Yogurt Parfait w/ Granola*  
 Macaroni & Cheese w/ Roll,  
 Southwest Burger,  
 Pizza  
 Cooked Carrots,  
 Green Beans,  
 Garden Salad  
 Fresh Fruit (Cuties),  
 Applesauce

**28** *B: Ham & Cheese Frittata w/ cracker*  
 Chicken Patty Sandwich,  
 Chef Salad w/ Diced Chicken,  
 Rotini w/ Bread Stick  
 Treat Tuesday  
 Sweet Potato Fries,  
 Mixed Vegetables,  
 Cucumbers & Tomatoes  
 Mandarin Oranges,  
 Pineapple

**29** *B: Breakfast Pizza*  
 Yogurt w/ Cheese Stick & Cracker,  
 Ham & Cheese Strips,  
 BBQ Pork Rib Sandwich  
 Cauliflower,  
 Winter Blend,  
 Garden Salad  
 Fresh Fruit (Kiwi & Strawberries),  
 Applesauce Cups

**30** *B: Pancakes*  
 Chili & Crackers,  
 Pepperoni Calzone,  
 Hot Dog / Chili Dog  
 Corn,  
 Sugar Snap Peas,  
 Celery & Carrots  
 Fresh Fruit (Apple),  
 Peaches

**31** *B: Muffins /w Cheese Stick*  
 Beef Stew w/ Corn Bread,  
 Beanie Winnies w/ Soft Pretzel,  
 PB&J w/ Yogurt & Crackers  
 Peas & Carrots,  
 Broccoli,  
 Baby Carrots  
 Mixed Fruit,  
 Pears

### News

Breakfast is served  
 8:25-8:45  
 Lunch is served  
 10:55-12:30  
 Student Breakfast - \$1.35  
 Student Lunch - \$2.25  
 Milk - \$.50

**Starting in September  
 Parents are welcome to have  
 lunch with their student.  
 Adult lunch is \$3.50  
 Cash only please.**

### Look what's new!

There is also a vegetarian  
 option of  
Original Hummus  
 Or  
Red Pepper Hummus  
And Pretzels  
 Offered daily.

