ALHAMBRA ELEMENTARY SCHOOL DISTRICT

# JANUARY 2020

ChooseMyPlate.gov

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| | | | | | |
| | **6** | **7** | **8** | **9** | **10** |
| **BREAKFAST** | WHOLE GRAIN CEREAL<br>FRUIT ASSORTMENT<br>JUICE<br>MILK | BEEF SAUSAGE AND CHEESE SANDWICH<br>FRUIT ASSORTMENT<br>JUICE<br>MILK | CINNAMON TOAST CRUNCH BAR<br>FRUIT ASSORTMENT<br>JUICE<br>MILK | HOMEMADE ZUCCHINI MUFFIN<br>FRUIT ASSORTMENT<br>JUICE<br>MILK | FRENCH TOAST STICKS<br>FRUIT ASSORTMENT<br>JUICE<br>MILK |
| **LUNCH ✱** | BEAN AND CHEESE BURRITO<br>HOMEMADE SALSA<br>CORN<br>CELERY STICKS<br>APPLESAUCE<br>MILK | CHILI CHEESE TAMALE<br>HOMEMADE SALSA<br>CHARRO BLACK BEANS<br>BABY CARROTS<br>ORANGE WEDGES<br>MILK | WHOLE GRAIN CHICKEN SANDWICH<br>SHREDDED LETTUCE<br>SEASONED CURLY FRIES<br>MIXED FRUIT<br>MILK | SPAGHETTI AND MEATBALLS<br>GARLIC TOAST<br>STEAMED BROCCOLI<br>BANANA<br>MILK | CHEESEBURGER **OR** TURKEY HOT DOG<br>SLICED TOMATO<br>SHREDDED LETTUCE<br>CUCUMBER COINS<br>SOUR CHERRY FRUIT FREEZE<br>MILK |
| **SNACK** | WILD WHITE NACHO DORITOS<br>MILK (WHITE VARIETY)<br>**DAY 1** | FRESH PEAR<br>MILK (WHITE VARIETY)<br>**DAY 2** | YOGURT<br>MILK (WHITE VARIETY)<br>**DAY 3** | NAT'R VALLEY CRISPS (CINNAMON)<br>MILK (WHITE VARIETY)<br>**DAY 4** | CHOC FROSTED MINI WHEATS<br>MILK (WHITE VARIETY)<br>**DAY 5** |
| | **13** | **14** | **15** | **16** | **17** |
| **BREAKFAST** | WHOLE GRAIN CEREAL<br>FRUIT ASSORTMENT<br>JUICE<br>MILK | WAFFLE AND CHICKEN SANDWICH<br>FRUIT ASSORTMENT<br>JUICE<br>MILK | MINI CINNIS<br>FRUIT ASSORTMENT<br>JUICE<br>MILK | HOMEMADE PUMPKIN MUFFIN<br>FRUIT ASSORTMENT<br>JUICE<br>MILK | YOGURT<br>GRANOLA<br>FRUIT ASSORTMENT<br>JUICE AND MILK |
| | | | | | |
| **LUNCH ✱** | PILLOW PULL APARTS<br>MARINARA SAUCE<br>BABY CARROTS<br>APPLESAUCE<br>MILK | "MAC AND SMACK"<br>CRINKLE CUT FRIES<br>FRESH STRAWBERRIES<br>MILK | FRENCH BREAD CHEESE PIZZA<br>RANCH GARDEN SALAD WITH CARROTS<br>CUCUMBER COINS<br>DICED PEACHES<br>MILK | TURKEY HAM AND CHEESE SANDWICH<br>CELERY STICKS<br>APPLE SLICES<br>FRUITABLES JUICE DRINK<br>CHOCOLATE CHIP COOKIE AND MILK | ITALIAN COMBO SANDWICH<br>FRESH BROCCOLI<br>BABY CARROTS<br>FRESH PEAR<br>MILK |
| **SNACK** | TEDDY GRAHAMS<br>MILK (WHITE VARIETY)<br>**DAY 6** | FRESH APPLE<br>MILK (WHITE VARIETY)<br>**DAY 1** | CINNAMON GRIPZ GRAHAMS<br>MILK (WHITE VARIETY)<br>**DAY 2** | TOSTITO'S SCOOPS AND SALSA<br>APPLE JUICE (6 fl oz)<br>**DAY 3** | WHITE CHEDDAR CHEETOS<br>MILK (WHITE VARIETY)<br>**DAY 4** |
| | **20** | **21** | **22** | **23** | **24** |
| **BREAKFAST** | | WHOLE GRAIN CEREAL<br>FRUIT ASSORTMENT<br>JUICE<br>MILK | PEACH PANCAKE BOWL<br>FRUIT ASSORTMENT<br>JUICE<br>MILK | HOMEMADE BLUEBERRY MUFFIN<br>FRUIT ASSORTMENT<br>JUICE<br>MILK | BREAKFAST EGG AND CHEESE TAC-GO<br>FRUIT ASSORTMENT<br>JUICE<br>MILK |
| **LUNCH ✱** | | MANDARIN ORANGE CHICKEN<br>CHOW MEIN NOODLES WITH VEGGIES<br>STEAMED BROCCOLI<br>ORANGE WEDGES<br>MILK | NACHO PRETZEL POCKET<br>RED BELL PEPPER<br>JICAMA STICKS<br>DICED PEARS<br>HOMEMADE OATMEAL RAISIN COOKIE<br>MILK | HOMEMADE BEEF & BEAN CHILI<br>CORNBREAD MUFFIN<br>CELERY STICKS<br>BANANA<br>MILK | CHICKEN BITES<br>BBQ SAUCE<br>SHOESTRING FRENCH FRIES<br>BLUE RASPBERRY RIPS<br>MILK |
| **SNACK** | | CINNAMON APPLESAUCE<br>MILK (WHITE VARIETY)<br>**DAY 5** | BANANA<br>MILK (WHITE VARIETY)<br>**DAY 6** | CHEX MIX (STRAWBERRY-YOGURT)<br>MILK (WHITE VARIETY)<br>**DAY 1** | FRESH PEAR<br>MILK (WHITE VARIETY)<br>**DAY 2** |
| | **27** | **28** | **29** | **30** | **31** |
| **BREAKFAST** | WHOLE GRAIN CEREAL<br>FRUIT ASSORTMENT<br>JUICE<br>MILK | EGG AND CHEESE ON ENGLISH MUFFIN<br>FRUIT ASSORTMENT<br>JUICE<br>MILK | CINNAMON CRISP BAR<br>FRUIT ASSORTMENT<br>JUICE<br>MILK | HOMEMADE BANANA MUFFIN<br>FRUIT ASSORTMENT<br>JUICE<br>MILK | TURKEY SAUSAGE BREAKFAST FLATBREAD<br>FRUIT ASSORTMENT<br>JUICE<br>MILK |
| **LUNCH ✱** | GRILLED CHEESE SANDWICH<br>HOMEMADE TOMATO SOUP<br>GREEN BEANS<br>FRESH PEAR<br>MILK | BBQ PULLED TURKEY SANDWICH<br>BAKED BEANS<br>COLE SLAW<br>FRESH GRAPES<br>MILK | CHICKEN AND WAFFLE<br>POTATO WEDGES<br>CELERY STICKS<br>DICED PEACHES<br>MILK | CHICKEN DRUMSTICK<br>PASTA SALAD<br>CARROT STICKS<br>APPLE SLICES<br>MILK | CHEESE PIZZA OR<br>PORK PEPPERONI PIZZA<br>ITALIAN GARDEN SALAD<br>MANGO FRUIT FREEZE<br>HOWDY BAR AND MILK |
| **SNACK** | DICK AND JANE SNACK CRACKERS<br>MILK (WHITE VARIETY)<br>**DAY 3** | WHOLE GRAIN GRAHAM CRACKER<br>MILK (WHITE VARIETY)<br>**DAY 4** | FROSTED MINI WHEATS CEREAL<br>MILK (WHITE VARIETY)<br>**DAY 5** | FRESH APPLE<br>MILK (WHITE VARIETY)<br>**DAY 6** | BANANA<br>MILK (WHITE VARIETY)<br>**DAY 1** |

**MENUS ARE SUBJECT TO CHANGE**

A choice of 1% White, Non-Fat White, Non-Fat Chocolate, Non-Fat Strawberry, and Non-Fat Vanilla milk is offered daily.

100% Apple or Orange Juice is offered daily for breakfast.

**Pork will be served on the following menu items:**

1/31/2020 Lunch — Pepperoni Pizza

✱Salad Bar is offered at Middle Schools on selected days. All five food components are offered: Fruit, Vegetables, Grains, Meat/Meat Alternate, and Fluid Milk. Please check with your Café on the specific days.

This Institution is an Equal Opportunity Provider.

**BREAKFAST**

Breakfast is currently free of charge to students due to participation in Special Assistance Programs and Breakfast in the Classroom.

| LUNCH | DAILY | WEEKLY | BI-WEEKLY | MONTHLY (4 WEEKS) |
|---|---|---|---|---|
| Students, Paid | $2.40 | $12.00 | $24.00 | $48.00 |
| Students, Reduced* | $0.40 | $ 2.00 | $ 4.00 | $ 8.00 |
| Adults | **Full:** $3.55 | **Mini:** $ 2.80 | | |

*Some students qualify for free or reduced meals under the U.S.D.A. guidelines.

**You may complete an online application or pay for meals at https://family.titank12.com/6TR85Q**

**Advance weekly or monthly payments are encouraged during breakfast to speed up lunch lines.**