



Smithfield ES Lunch Menu

January 2018

<p>1 No School</p> <p><i>side items</i></p>	<p>2 Country Popcorn Chicken Bowl w/ Breadstick Hamburger or Cheeseburger Tuna Salad Platter w/ Roll</p> <p><i>side items</i></p> <p>Fresh Fruit & Veggie Bar Mashed Potatoes</p>	<p>3 Mini French Toasts w/Sausage Mac n Cheese Buffalo Ranch Wrap Bagel Fun Lunch</p> <p><i>side items</i></p> <p>Fresh Fruit & Veggie Bar Celery Sticks</p>	<p>4 Beef n Cheese Nachos Chicken Nuggets w/ Breadstick Turkey & Cheese Sandwich Bagel Fun Lunch</p> <p><i>side items</i></p> <p>Fresh Fruit & Veggie Bar Kicken Pinto Beans</p>	<p>5 Pepperoni Pizza Hot Dog Tuna Sub Bagel Fun Lunch</p> <p><i>side items</i></p> <p>Fresh Fruit & Veggie Bar Baby Carrots</p>
<p>8 Taco Dippers Chicken Patty Sandwich All American Sandwich Bagel Fun Lunch</p> <p><i>side items</i></p> <p>Fresh Fruit & Veggie Bar Side Garden Salad</p>	<p>9 Soft Pretzel w/ Yogurt Hamburger or Cheeseburger Turkey Cobb Salad w/ Roll Bagel Fun Lunch</p> <p><i>side items</i></p> <p>Fresh Fruit & Veggie Bar Seasoned Corn</p>	<p>10 Mini Waffles w/ Cheese Omelet Chili Mac n Cheese Egg Salad Sub Bagel Fun Lunch</p> <p><i>side items</i></p> <p>Fresh Fruit & Veggie Bar Kickin Pinto Beans</p>	<p>11 Lucky Tray Day Corn Dog Chicken Tenders w/ Breadstick Popcorn Chicken Salad w/ Goldfish Crackers Bagel Fun Lunch</p> <p><i>side items</i></p> <p>Fresh Fruit & Veggie Bar French Fries</p>	<p>12 Cheese Pizza Honey Mustard Chicken Melt Ham & Cheese Wrap Bagel Fun Lunch</p> <p><i>side items</i></p> <p>Fresh Fruit & Veggie Bar Broccoli</p>
<p>15 No School Martin Luther King Day</p> <p><i>side items</i></p>	<p>16 Country Chicken Bowl w/Breadstick Hamburger or Cheeseburger Turkey Cobb Salad w/ Roll Bagel Fun Lunch</p> <p><i>side items</i></p> <p>Fresh Fruit & Veggie Bar Mashed Potatoes</p>	<p>17 Mini French Toasts w/Sausage Mac & Cheese Egg Salad Sub Bagel Fun Lunch</p> <p><i>side items</i></p> <p>Fresh Fruit & Veggie Bar Grape Tomatoes</p>	<p>18 Beef n Cheese Nachos Chicken Nuggets w/ Breadstick Turkey & Cheese Wrap Bagel Fun Lunch</p> <p><i>side items</i></p> <p>Fresh Fruit & Veggie Bar Kickin Pinto Beans</p>	<p>19 Pepperoni Pizza Steak & Cheese Sub Ham & Cheese Wrap Bagel Fun Lunch</p> <p><i>side items</i></p> <p>Fresh Fruit & Veggie Bar Cucumber Coins</p>
<p>22 Meatball Pizza Sub Chicken Patty Sandwich Turkey & Cheese Sandwich Bagel Fun Lunch</p> <p><i>side items</i></p> <p>Fresh Fruit & Veggie Bar Side Garden Salad</p>	<p>23 Lucky Tray Day Soft Pretzel w/ Yogurt Hamburger or Cheeseburger Chef Salad w/ Roll Bagel Fun Lunch</p> <p><i>side items</i></p> <p>Fresh Fruit & Veggie Bar Seasoned Green Beans</p>	<p>24 Mini Waffles w/ Cheese Omelet Gilled Cheese & Tomato Soup Ham & Provolone Sub Bagel Fun Lunch</p> <p><i>side items</i></p> <p>Fresh Fruit & Veggie Bar Baked Sweet Potato Fries</p>	<p>25 Corn Dog Chicken Nuggets w/ Breadstick Popcorn Chicken Salad w/ Cheese & Breadstick Bagel Fun Lunch</p> <p><i>side items</i></p> <p>Fresh Fruit & Veggie Bar BBQ Black Beans</p>	<p>26 Cheese Pizza Spicy Chicken Patty Tuna Salad Wrap Bagel Fun Lunch</p> <p><i>side items</i></p> <p>Fresh Fruit & Veggie Bar Baby Spinach</p>
<p>29 Chicken Parm Melt Chicken Patty Sandwich Ham & Cheese Sandwich Bagel Fun Lunch</p> <p><i>side items</i></p> <p>Fresh Fruit & Veggie Bar Side Garden Salad</p>	<p>30 BBQ Pulled Pork Sandwich Hamburger or Cheeseburger Chicken Caesar Salad w/ Goldfish Bagel Fun Lunch</p> <p><i>side items</i></p> <p>Fresh Fruit & Veggie Bar Creamy Cole Slaw</p>	<p>31 Mini French Toasts w/Sausage Hot Dog Egg Salad Sandwich Bagel Fun Lunch</p> <p><i>side items</i></p> <p>Fresh Fruit & Veggie Bar Red Pepper Strips</p>	<p>1 Chicken Nuggets w/ Breadstick Beef n Cheese Nachos Egg Chef Salad w/ Roll Bagel Fun Lunch</p> <p><i>side items</i></p> <p>Fresh Fruit & Veggie Bar Kicken Pinto Beans</p>	<p>2 Pepperoni Pizza Tuna Melt Deli Chicken & Cheese Sub Bagel Fun Lunch</p> <p><i>side items</i></p> <p>Fresh Fruit & Veggie Bar Side Garden Salad</p>



Donna Humphries
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Local ingredients are always used when in season Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

This institution is an equal opportunity provider.

Menu Subject to Change:



Did you know?

You must take a fruit or a vegetable to make a complete meal? Choose from our daily offerings on the Fresh Fruit & Vegetable Bar

Price:
Full: \$2.70 Reduced: \$.40



Milk:
1% Plain, Chocolate & Coffee Skim Milk





Smithfield ES Breakfast Menu

January 2018

1 No School <i>side items</i> 	2 Blueberry Muffin w/ String Cheese <i>side items</i> Orange Wedges, Raisins 100% Fruit Juice, Low-Fat Milk	3 Cinnamon Raisin Bagel w/ Cream Cheese <i>side items</i> Banana, Applesauce 100% Fruit Juice, Low-Fat Milk	4 Trix Cereal Bar w/ String Cheese <i>side items</i> Orange Wedges, Raisins 100% Fruit Juice, Low-Fat Milk	5 English Muffin w/ Jelly <i>side items</i> Banana, Applesauce 100% Fruit Juice, Low-Fat Milk
8 Cherry Frudel <i>side items</i> Fresh Apple, Pineapple 100% Fruit Juice, Low-Fat Milk	9 Apple Cinnamon Muffin w/ String Cheese <i>side items</i> Fresh Pear, Craisins 100% Fruit Juice, Low-Fat Milk	10 French Toast Benefit Bar <i>side items</i> Fresh Apple, Pineapple 100% Fruit Juice, Low-Fat Milk	11 Sausage Breakfast Pizza <i>side items</i> Fresh Pear, Craisins 100% Fruit Juice, Low-Fat Milk	12 Cinnamon Granola Round w/ Cheese Stick <i>side items</i> Fresh Apple, Pineapple 100% Fruit Juice, Low-Fat Milk
15 No School Martin Luther King Day <i>side items</i> 	16 Banana Chocolate Chip Muffin w/ String Cheese <i>side items</i> Fresh Apple, Raisins 100% Fruit Juice, Low-Fat Milk	17 Cocoa Puffs Cereal Bar with String Cheese <i>side items</i> Grapes, Mixed Fruit 100% Fruit Juice, Low-Fat Milk	18 Sausage Breakfast Pizza <i>side items</i> Fresh Apple, Raisins 100% Fruit Juice, Low-Fat Milk	19 Plain Bagel w/ Cream Cheese <i>side items</i> Grapes, Mixed Fruit 100% Fruit Juice, Low-Fat Milk
22 English Muffin w/ Jelly <i>side items</i> Grapes, Mixed Fruit 100% Fruit Juice, Low-Fat Milk	23 Cinni Minis <i>side items</i> Banana, Diced Peaches 100% Fruit Juice, Low-Fat Milk	24 Apple Bosco Stick <i>side items</i> Orange Wedges, Craisins 100% Fruit Juice, Low-Fat Milk	25 Banana Benefit Bar <i>side items</i> Banana, Diced Peaches 100% Fruit Juice, Low-Fat Milk	26 Apple Cinnamon Muffin w/ String Cheese <i>side items</i> Orange Wedges, Craisins 100% Fruit Juice, Low-Fat Milk
29 Cinnamon Toast Breakfast Bar w/ String Cheese <i>side items</i> Banana, Applesauce 100% Fruit Juice, Low-Fat Milk	30 Banana Chocolate Chip Muffin w/ String Cheese <i>side items</i> Fresh Apples, Raisin 100% Fruit Juice, Low-Fat Milk	31 Blueberry Bagel w/ Cream Cheese <i>side items</i> Banana, Applesauce 100% Fruit Juice, Low-Fat Milk	1 French Toast Benefit Bar <i>side items</i> Fresh Apples, Raisin 100% Fruit Juice, Low-Fat Milk	2 ICM Breakfast Bar <i>side items</i> Banana, Applesauce 100% Fruit Juice, Low-Fat Milk



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Menu Subject to Change:



Available Daily:

Assorted Cereals, Whole Grain Breakfast Bars & Shri Bark



Price:
 Full: \$1.00 Reduced: \$.30



Milk:
 1% Plain, Chocolate & Coffee Skim Milk

