

JANUARY 2019

ELEMENTARY SCHOOLS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**SCHOOL
CLOSED**

CHICKEN NUGGETS

French fries
Steamed carrots
Choice of fruit
Choice of milk

POPCORN CHICKEN

Sweet potato tots
Carrot sticks
Choice of fruit
Choice of milk

**SCHOOL
CLOSED**

**SCHOOL
CLOSED**

CHEESEBURGER

Homemade soup
Lettuce & tomato
Sweet potato tots
Choice of fruit
Choice of milk

**CHEESESTEAK
SANDWICH**

Homemade soup
Baked beans
Lettuce & tomato
Steamed corn
Choice of fruit
Choice of milk

HOT DOG

Homemade soup
Sweet potato tots
Baked beans
Choice of fruit
Choice of milk

**CHEESE
CRUNCHERS**

Homemade soup
Tossed salad
Maranara dip cup
Green beans
Choice of fruit
Choice of milk

PIZZA
CHEESE OR PEPPERONI
Tossed salad
Steamed broccoli
Choice of fruit
Choice of milk
Baked dessert

**ROTINI &
MEATBALLS**

Tossed Salad
Steamed broccoli
Choice of fruit
Choice of milk
Baked dessert

**MEATBALL PARMIGIANA
SANDWICH**

Tossed salad
Steamed broccoli
Choice of fruit
Choice of milk
Baked dessert

**WAFFLES
& BACON**

Tator tots
Bagged carrots
Warmed apples
Choice of fruit
Choice of milk
Baked dessert

GRILLED CHEESE

French fries
Steamed broccoli
Choice of fruit
Choice of milk
Baked dessert

TACOS
Soft or Hard

Refried beans
Lettuce, tomato,
Cheese, Salsa, rice
Choice of fruit
Choice of milk

WALKING TACOS

Refried beans
Lettuce, tomato,
Cheese, Salsa, rice
Choice of fruit
Choice of milk

**FRENCH TOAST
& SAUSAGE**

Tator Tots
Warmed apples
Bagged carrots
Choice of fruit
Choice of milk

MAC & CHEESE

Steamed broccoli
Tossed salad
Choice of fruit
Choice of milk

NACHOS GRANDE

Refried beans
Lettuce, tomato,
Cheese, Salsa, rice
Choice of fruit
Choice of milk

**PIZZA
HOMEMADE**

Tossed salad
Steamed carrots
Choice of fruit
Choice of milk

**PIZZA
HOMEMADE**

Tossed salad
Steamed broccoli
Choice of fruit
Choice of milk

**PIZZA
HOMEMADE**

Tossed salad
Veggie sticks & dip
Choice of fruit
Choice of milk

**PIZZA
HOMEMADE**

Tossed salad
Steamed carrots
Choice of fruit
Choice of milk

DID YOU KNOW...
January's gem is
garnet which
represents
constancy.

Breakfast \$1.25

Each Morning we offer a variety of breakfast combo cereal choices: including fruit, milk, yogurt, 100% fruit juice, fruit pockets, egg wraps, bagels, or cereal.

Lunch Choices \$2.60

1. Salad bar
 2. Yogurt & fruit
 3. Pizza every Wednesday
 4. Hot lunch menu
- All meal combos are offered with a milk, fruit, and vegetable.

Yogurt Bar available at Tinicum

Each day we offer a variety of fruits: Apples, bananas, oranges, pears, peaches. 100% fruit juice may be substituted once a week.

Homemade soup is every Tuesday

A fresh baked dessert is served with combo lunches every Wednesday

Homemade pizza is served every Friday

Lunch Account Information

Visit www.schoolcafe.com
To contact the cafeteria directly.

610 847-5131

Durham @ ext. 3410

Tinicum @ ext. 7410

Springfield @ ext. 6410