

Monday	Tuesday	Wednesday	Thursday	Friday
Jan.14 Cheese Lasagna Roll Up Garlic Roll Garden salad Apple Slices Milk Choice <u>Elementary Sandwich Lunch</u> Peanut butter and fluff sandwich or yogurt lunch	Jan.15 Taco Salad with seasoned beef Lettuce, tomatoes Cheese & Salsa Steamed Corn Assorted fruit choice or 100% Fruit Juice Milk Choice <u>Elementary Sandwich Lunch</u> Turkey and cheese sandwich or yogurt lunch	Jan.16 Chicken and Waffles Steamed Honey glazed carrots Diced Pears Milk <u>Elementary Sandwich Lunch</u> Egg Salad sandwich on a roll or yogurt lunch	Jan.17 Cheeseburger on a wheat roll Celery sticks, pickles Fresh fruit choice or 100% Fruit Juice Milk Choice <u>Elementary Sandwich Lunch</u> Ham and cheese sandwich or yogurt lunch	Jan.18 Chicken Fajita Seasoned brown rice Steamed mixed veggies Assorted Fruit Choice Assorted Milk Choice <u>Elementary Sandwich Lunch</u> Tuna salad sandwich or yogurt lunch
Jan.21 Martin Luther King Day No School Today	Jan.22 Professional Development Day No School Today	Jan.23 Chicken Patty on a Roll with Lettuce & Tomatoes Crinkle Cut French Fries Mixed Fruit Cup Milk Choice <u>Elementary Sandwich Lunch</u> Egg Salad on a Roll or Yogurt lunch	Jan.24 Diced Chicken & Gravy over Whipped Potatoes Steamed Corn Honey Wheat Dinner Roll Applesauce or 100% fruit Juice and Milk Choice <u>Elementary Sandwich Lunch</u> Ham and Cheese or Yogurt Lunch	Jan.25 Big Daddy Pizza with assorted Toppings Rainbow Veggie Sticks Strawberry Cup Milk Choice <u>Elementary Sandwich Lunch</u> Tuna salad sandwich or Yogurt Lunch
Jan.28 Cheese Quesadilla Steamed green beans Refried Beans Applesauce cup Milk Choice <u>Elementary Sandwich Lunch</u> Peanut butter and Fluff or yogurt Lunch	Jan.29 French Toast Sticks Cheddar Omelet Potato Rounds Assorted fresh fruits or 100% Fruit Juice Assorted Milk Choice <u>Elementary Sandwich Lunch</u> Turkey and cheese sandwich or yogurt lunch	Jan. 30 Teriyaki Chicken Bites Seasoned Brown Rice Steamed Broccoli Mixed fruit cup Milk Choice <u>Elementary Sandwich Lunch</u> Egg Salad on a roll or yogurt lunch	Jan. 31 Baked Macaroni & Cheese Warm Dinner Roll Sweet Green Peas Assorted fresh fruits or 100% Fruit Juice Milk Choice <u>Elementary Sandwich Lunch</u> Ham & Cheese Sandwich or yogurt lunch	Feb.1 Mini Turkey Corn Dog Bites Baked Beans Sweet Potato Fries Assorted Fruits Milk Choice <u>Elementary Sandwich Lunch</u> Tuna Salad on a roll or yogurt lunch
Feb.4 Wild Mike's Cheese Bites w/ Pizza Dipping Sauce Steamed Green Beans Strawberry cup Milk Choice <u>Elementary Sandwich Lunch</u> Peanut butter and fluff sandwich or yogurt lunch	Feb.5 Chicken Nuggets Whipped Potatoes Baby carrots Fresh fruit choice or 100% Fruit Juice Milk Choice <u>Elementary Sandwich Lunch</u> Turkey and cheese sandwich or yogurt lunch	Feb.6 Hamburger/Cheeseburger on a roll, Pickles Crinkle Cut French Fries Baby Carrot Sticks Mixed Fruit Cup Milk Choice <u>Elementary Sandwich Lunch</u> Egg salad sandwich or yogurt lunch	Feb.7 Warm Ham and Cheese Sandwich on a Croissant Roll Cucumber Slices with Ranch Dip 100% Fruit Juice or Assorted fresh fruit <u>Elementary Sandwich Lunch</u> Ham & cheese sandwich or yogurt lunch	Feb. 8 Beef and Bean Chili with Cheddar Cheese, Warm Corn Muffin Celery Sticks with Peanut Butter Dip Applesauce Cup Milk Choice <u>Elementary Sandwich Lunch</u> Tuna Salad on a roll or yogurt lunch

Alternate lunch choices include all five-food group components. All juice drinks are 100% juice. This menu is subject to change without notice. Please remember applications for Free and Reduced Lunch is available on the Ashford School Website www.AshfordCt.org; please have your child bring his or her prepayments to cafeteria when entering school in the morning. **NO PREPAYMENTS CAN BE ACCEPTED DURING LUNCH!**

Breakfast is available everyday for \$1.35 We have bagels, muffins, cereal, yogurt, eggs, egg and cheese sandwiches, wheat breakfast buns, wheat pancakes, and wheat French toast. Included with breakfast are milk, fruit and 100% juice.

The 5 meal components for school lunch include:
 Meat component, grain, fruit, vegetable, and milk
 You choose at least 3 including $\frac{1}{2}$ cup of vegetables or fruit and at least 2 other components. For best nutrition, choose all 5!

Yogurt Bag lunches include:

- 4 oz Assorted yogurt
- Cheese stick
- Assorted whole grain choice
- Fruit
- Veggie Sticks