

Breakfast: \$1.35/day=\$24.30

Lunch: \$2.75/day= \$49.50

Milk: \$.50=\$9.00

Ashford School

Jan./ Feb. Lunch Menu 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Jan.15 Martin Luther King Day No School	Jan.16 Professional Development Day No School	Jan.17 Cheeseburgers on a bun Sweet Potato Fries Pickles Assorted Fresh Fruit Choice Milk Choice <u>Elementary Sandwich Lunch</u> Egg Salad sandwich on a roll or Yogurt Lunch	Jan.18 Macaroni and Cheese Sweet Green Peas Warm Wheat Roll Assorted Fruit Choice Milk Choice <u>Elementary Sandwich Lunch</u> Turkey and Cheese Sandwich or Yogurt Lunch	Jan.19 Taco Salad with Lettuce and Tomatoes Cheddar Cheese & Salsa Refried Beans Baby Carrots Assorted fruits or 100% fruit juice Milk Choice <u>Elementary Sandwich Lunch</u> Tuna Salad on a Roll or Yogurt Lunch
Jan.22 Mozzarella Sticks w/Marinara Dipping Sauce Baby Carrots, Steamed Broccoli Fresh Fruit Choice or 100% fruit juice Milk Choice <u>Elementary Sandwich Lunch</u> Peanut Butter and Fluff Sandwich or Yogurt Lunch	Jan.23 Chicken Fajita Meat in a warm Tortilla Cooked Onions and Peppers Seasoned Brown Rice Steamed Corn Salsa and Cheddar Cheese Assorted Fruit Choice Milk Choice <u>Elementary Sandwich Lunch</u> Ham and Cheese Sandwich or Yogurt Lunch	Jan.24 Pasta with meat sauce Mozzarella Cheese Garden Salad Garlic Breadstick Fresh Apples Milk choice <u>Elementary Sandwich Lunch</u> Egg Salad sandwich or yogurt lunch	Jan.25 Hot Dogs on a roll Baked Beans Sweet Potato French Fries Assorted Fresh Fruit Choice Milk Choice <u>Elementary Sandwich Lunch</u> Turkey and Cheese Sandwich or Yogurt Lunch	Jan.26 Ham and Cheese on a warm Croissant roll Celery sticks with dip Fresh Fruit Choice or 100% Fruit juice Milk Choice <u>Elementary Sandwich Lunch</u> Tuna Salad on a roll or Yogurt Lunch
Jan.29 Grilled Cheese Sandwich Celery Sticks w/Peanut Butter Dip Stone Soup with Crackers Assorted Fruit Choice or 100% fruit juice Milk choice <u>Elementary Sandwich Lunch</u> Peanut butter and fluff sandwich or yogurt lunch	Jan. 30 French Toast Sticks Cheese Omelet Potato Tots Assorted Fresh Fruit Milk choice <u>Elementary Sandwich Lunch</u> Ham and Cheese Sandwich or Yogurt Lunch	Jan. 31 Mini Turkey Corn Dogs Baked Beans Sweet Potato Fries Mixed Fruit Cup and Milk Choice <u>Elementary Sandwich Lunch</u> Egg Salad on a Roll or Yogurt Lunch	Feb.1 Cheese or Pepperoni Pizza Baby Carrots With dip Fresh Fruit Choice Milk Choice <u>Elementary Sandwich Lunch</u> Turkey & Cheese Sandwich or Yogurt Lunch	Feb.2 Chicken and Gravy over Mashed Potatoes Honey Glazed Carrot Coins Warm Wheat Roll Blueberry Crisp or 100% fruit juice Milk Choice <u>Elementary Sandwich Lunch</u> Tuna Salad on roll or Yogurt Lunch
Feb.5 Cheese Lasagna Roll Up Baby Carrots Steamed Mixed Veggies Fresh Fruit Choice or 100% fruit juice Milk Choice <u>Elementary Sandwich Lunch</u> Peanut Butter and Fluff Sandwich or Yogurt Lunch	Feb.6 Fun Shaped Fish Nuggets Potato Wedges Cucumber Slices Applesauce Milk Choice <u>Elementary Sandwich Lunch</u> Ham and Cheese Sandwich or Yogurt Lunch	Feb.7 Cheese Quesadilla Sour Cream & Salsa Corn & Black Beans Refried Beans Mixed Fruit cup Milk Choice <u>Elementary Sandwich Lunch</u> Egg Salad on a Roll or Yogurt Lunch	Feb.8 Chicken Patty on a Roll w/ Lettuce and Tomatoes Steamed Carrot Coins Assorted Fruit Choice & Milk Choice <u>Elementary Sandwich Lunch</u> Turkey and Cheese Sandwich or Yogurt Lunch	Feb.9 Cheese Pizza Assorted veggie sticks Blueberry Crisp or 100% Fruit Juice 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 WILL 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 Choice Fruit and Juice

The 5 meal components for school lunch include: Meat component, grain, fruit, vegetable, and milk You choose at least 3 including ½ 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
- 1 oz String Cheese
- Assorted Whole Grain items
- Fruit Choice
- Assorted Veggie Sticks

We also offer a gluten-free option everyday!