

# Port Washington Elementary Lunch

## January 2019

**FOOD ALLERGIES: IF YOU HAVE FOOD ALLERGIES, PLEASE SPEAK TO THE MANAGER, COOK, OR YOUR SERVER**

All Bread Grains in the District are Whole Grains

Fruit Offered Daily: Apples, Orange wedges & Bananas

Vegetables Offered Daily: Baby Carrots, Celery Sticks, Chickpeas or Hummus & Garden Side Salad w/ side of Ranch dressing

### Lunch Alternatives Available Daily

Chicken Bites w/ Baked Pretzel Rod

Pizza

Bagel Lunch w/ String Cheese, Egg Salad, Tuna Salad or Boiled Egg.

Sandwiches: Turkey & Cheese, Tuna & PB&J

### Mon. Wed. & Friday

Yogurt Parfait (Berries & Nut free granola W/ String Cheese and Pretzel Rods)

Grades K-12 are Offer vs. Serve and must choose at least 3 of the 5 options below

\*Meat/Meal Alternate

\*Whole Grain Item

\*Fruit choice/100% Juice choice

\*Vegetable choice

\*Milk choice: 1% White, Skim & Skim Choc.

\*\*\*One of the choices MUST be a fruit, fruit juice or vegetable

### Salad bar Schedule

Monday – Salem  
Tuesday – Manorhaven  
Wednesday – Sousa  
Thursday –Guggenheim  
Friday - Daly

1

**SCHOOL CLOSED**

2

BBQ Rib Sandwich (P)  
Homemade Coleslaw  
Watermelon

3

Macaroni & Cheese  
Roasted Brussel Sprouts  
Blueberry Cup

4

Cheese or Pepperoni Pizza  
Glazed Carrots  
Mango Chunks

7

Cinnamon French toast Sticks  
Sausage Patty (C)  
Hash Brown Patty  
Pear

8

Beef Nachos W/ Scoops (1.5 oz.) (S)  
Rice & Black Beans  
Fiesta Corn  
Diced Peach Cup

9

Baked Ziti w/ Dinner Roll  
Roasted Butternut Squash  
Cantaloupe

10

Hamburger or Cheeseburger on Bun  
Baked Seasoned Waffle Fries  
Cucumber & Tomato Salad  
Grapes

11

Cheese or Pepperoni Pizza  
Chicken Noodle Soup W/Roll  
Zucchini Sticks  
Honeydew Melon

14

Chicken Patty Sandwich  
Chickpea & Tomato Salad  
Pineapple

15

Chili (C) with Kidney Beans W/ Scoops (1.5 oz) (S)  
Pepper Strips  
Applesauce Cup

16

Cinnamon French toast Sticks  
Sausage Patty (C)  
Hash Brown Patty  
Blueberry Cup  
**Sampling: Roasted Chickpeas W/ Honey**

17

Macaroni & Cheese  
Chicken & Rice Soup W/Roll  
Cucumber Coins  
Strawberry Cup

18

Cheese or Pepperoni Pizza  
Baked Summer Squash  
Watermelon

21

**SCHOOL CLOSED**

22

Beef Nachos W/ Scoops (1.5 oz.) (S)  
Rice & Black Beans  
Fiesta Corn  
Pineapple

23

Grilled Cheese Sandwich & Tomato Soup  
Sweet Potato Fries  
Mango Chunks

24

Meatball (C) Hero  
Roasted Cauliflower  
Honeydew Melon

25

**FARM FRESH FRIDAY**  
Made w/ Local Beef  
**Chili Mac W/ Cornbread**  
Steamed Spinach  
Grapes

28

Chicken Tenders  
Homemade Coleslaw  
Cucumber Coins  
Watermelon

29

### Trio Quesadillas

Cheese, Chicken or Taco Quesadilla Triangles  
Black Beans/Mexicali Corn  
Zucchini Sticks  
Applesauce Cup

30

Cinnamon French toast Sticks  
Sausage Patty (C)  
Hash Brown Patty  
Cantaloupe

31

Macaroni & Cheese W/Garlic Bread  
Roasted Broccoli  
Strawberry Cup

Items with following identifications  
(P) Pork  
(S) Contains Sunflower Oil  
(C) Chicken

