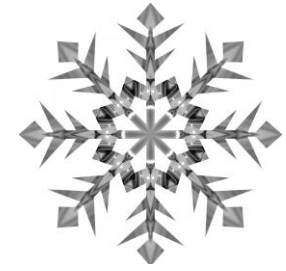


# JANUARY, 2021



Student lunches are \$3, and adult lunches are \$4.25. During this time, we ask that all lunches be prepaid with either cash or check made out to SME in the exact amount. Any overage will be kept on account. All lunches are comprised of five components; protein, whole grain, vegetables, fruit & milk. In addition to the main entrée, there are five alternate choices offered daily; Julienne Salad, Yogurt Parfait, Sunbutter & Jelly, Turkey/Cheese and Ham/Cheese Sandwiches. All orders are taken during Homeroom. We appreciate your support and look forward to serving your child/children a freshly prepared lunch each day. If you have any questions, please feel free to contact us at [kitchenmanager@smeschool.com](mailto:kitchenmanager@smeschool.com).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Cheeseburger Oven Fries Veggies, Fruit & Milk	5 Chicken Fajitas Brown Rice, Corn Fruit & Milk	6 Chicken Caesar Breadstick Veggie, Fruit & Milk No Alt B Offered Today	7 Nachos Grande Bean Salad Veggie, Fruit & Milk	8 Cheese Pizza Salad, Broccoli Fruit & Milk
11 Popcorn Chicken Tater Tots Veggie, Fruit & Milk	12 Chili Con Carne Corn Fruit & Milk	13 Chicken Souvlaki Pita Bread Veggie, Fruit & Milk No Alt B Offered Today	14 Loaded Baked Potato Broccoli Fruit & Milk	15 10:45 Dismissal Staff Development
18 No School Martin Luther King, Jr.	19 Chicken Incredi-Bowl Mashed Potatoes Corn, Fruit & Milk	20 Taco Salad Texas Caviar Veggie, Fruit & Milk No Alt B Offered Today	21 Sloppy Joes Oven Fries Veggie, Fruit & Milk	22 Cheese Pizza Carrots w/Ranch Veggie, Fruit & Milk
25 Chicken Parm on Bun Spaghetti on the Side Veggies, Fruit & Milk	26 Bflo Chicken Pizza Carrot & Celery Stix Veggie, Fruit & Milk	27 Mac-n-Cheese Peas Veggie, Fruit & Milk	28 Chicken Quesadillas Bean Salad Veggie, Fruit & Milk	29 Mozzarella Sticks Marinara Sauce Veggies, Fruit & Milk

Menu subject to change.

**Our Mission** All dishes are made fresh daily with only the best produce, quality proteins and low fat dairy. We limit processed foods and pre-packaged entrees. Many, if not most, menu items have minimal ingredients and are prepared from scratch. Students and Staff can choose from a variety of Daily Alternate Choices, as well as the Main Entrée. Please note, when a Signature Salad is the Main Entrée, we will not serve Julienne Salad, B Option, that day. We hope your child finds many favorites, and looks forward to the lunch we serve. As always, we appreciate your support, welcome your input and look forward to seeing you in the Lunch Room! Tracy Hadsall & Jenny Fulciniti

**Snacks** Snacks are sold daily during the 3<sup>rd</sup> and 4<sup>th</sup> lunch periods, and all cost \$0.50. Due to time limitations, we only serve snack to grades 4 through 8.

**Milk** Milk is sold a la carte for \$0.50. You may prepay for your child/children's daily milk purchase.

<b>Bflo Chicken Pizza</b>	Whole Grain Pizza Crust with Blue Cheese, Chicken and Mild Chicken Wing Sauce
<b>Cheeseburger</b>	Whole Grain Bun with a Lean Ground Beef Patty, covered in melted American Cheese; toppings on the side
<b>Cheese Pizza</b>	Whole Grain Pizza Crust with Tomato Sauce and Low Fat Mozzarella
<b>Chicken Incredi-Bowl</b>	Chunks of Breaded Chicken and Corn on top of Mashed Potatoes, with Chicken Gravy and melted Cheddar Cheese
<b>Chicken Fajitas</b>	Marinated Chicken Breasts sliced and grilled with Sweet Peppers and Onions. Served on a Whole Grain Tortilla with toppings and Brown Rice
<b>Chicken Caesar Salad</b>	Romaine Lettuce topped with lightly seasoned Grilled Chicken Breast, Real Crumbled Bacon, Whole Grain Croutons, Grated Parmesan Cheese and Caesar Dressing
<b>Chicken Souvlaki</b>	Boneless, Skinless, marinated Chicken Breast grilled and served with fresh Vegetables (sweet peppers, onions, romaine), Feta Cheese and Greek Dressing; served as either an open salad, or stuffed into a Whole Grain Pita Pocket
<b>Chicken Parm on Bun</b>	Whole Grain Breaded Chicken Patty on Bun, baked with Low Fat Mozzarella Cheese and Marinara Sauce
<b>Chili Con Carne</b>	Lean Ground Beef, Navy & Northern Beans, Celery, and Onions in a Zesty Tomato Sauce! A warm Corn Muffin, too!
<b>Chicken Quesadillas</b>	Grilled Chicken and Shredded Cheddar Cheese atop of a WG Tortilla, served with a side of Salsa and Sour Cream
<b>Loaded Baked Potato</b>	Fresh, delivered weekly, Russet Potatoes, baked and topped with Steamed Broccoli, melted Cheese and Real Bacon Crumbles
<b>Mac-n-Cheese</b>	Whole Grain Elbow Pasta with Homemade Cheese Sauce, Baked and Served with a Cup of Tomato Soup...Perfect Comfort Food!
<b>Mozzarella Sticks</b>	Whole Grain Breading over Mozzarella Cheese, baked and served with Marinara Sauce for Dipping
<b>Nachos Grande</b>	Lean Ground Beef spiced with Taco Seasonings, served hot over Whole Grain Tortilla Chips, topped with melted Mild Cheddar Cheese Sauce, with Optional Salsa, Sour Cream & Hot Sauce
<b>Popcorn Chicken</b>	Whole Grain Breaded Popcorn Chicken Bites baked to a tasty Crunch! Served with Optional BBQ Sauce
<b>Sloppy Joe's</b>	Lean Ground Beef simmered in a Seasoned Tomato Sauce, served on a Whole Grain Hamburger Bun
<b>Taco Salad</b>	Turkey Taco Meat, Shredded Cheddar Cheese, Salsa, Sour Cream and Tortilla Chips served on a bed of Romaine Lettuce