

January

**Amesbury School District
Amesbury Elementary & Cashman School
Lunch Menu January 2 – 31, 2014**

Student lunch \$2.60 Reduced price \$0.40

CHOICE OF SKIM OR LOW FAT MILK IS OFFERED WITH EACH MEAL

Questions or comments? Please call Kevin Kish, Food Service Director at 978-388-4800 X4339

January's Harvest of the Month Vegetable is Butternut Squash. Be sure to try some on January 13 or January 27. We have a great tasting recipe!!!

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Choose MyPlate.gov</p>		<p>1 Happy New Year</p> <p><i>Don't forget to try our NEW PIZZA every Friday!!!</i></p>	<p>2 Whole Wheat Spaghetti w/ Meat Sauce</p> <p>Seasoned Broccoli</p> <p>Soft Whole Wheat Roll</p> <p>Ripe Banana</p>	<p>3 Our all new!!!!!! Cheese or Pepperoni Pizza on whole grain crust</p> <p>Crunchy Oven Fries</p> <p>Tossed Garden Salad w/ Mixed Greens w/ reduced fat dressing</p> <p>Fresh Crunchy Apple</p>
<p>6 Italian Meatball Sub</p> <p>Oven Baked Fries</p> <p>Fresh Veggie Sticks with Low Fat Dipping Sauce</p> <p>Fresh Crunchy Pear</p>	<p>7 Breakfast @ Lunch:</p> <p>Pancakes w/ Syrup</p> <p>Sausage Patties</p> <p>Oven Baked Potato Rounds Syrup</p> <p>Ripe Banana</p>	<p>8 New Item!!! Chicken BLT</p> <p>White Meat Chicken Patty on a Bun w/ Bacon, Lettuce & Tomato</p> <p>Oven Baked Curly Fries Broccoli w/ Cheese Sauce</p> <p>Fresh Crunchy Apple</p>	<p>9 Baked Macaroni & Cheese with a Steamed Hot Dog</p> <p>Seasoned Green Beans</p> <p>Soft Whole Wheat Roll</p> <p>Fresh Orange</p>	<p>10 Our all new!!!!!! Cheese or Pepperoni Pizza on whole grain crust</p> <p>Fresh Veggie Sticks w/ reduced fat ranch dip</p> <p>Fresh Crunchy Pear</p>
<p>13 Baked Chicken Nuggets w/ BBQ or Sweet n' Sour Sauce</p> <p>Crunchy Oven Fries</p> <p>Sweet Cinnamon Brown Sugar Squash</p> <p>Whole Wheat Dinner Roll</p> <p>Fresh Crunchy Apple</p>	<p>14 Breakfast @ Lunch:</p> <p>Whole Grain French Toast Sticks</p> <p>Sausage Patties</p> <p>Oven Baked Potato Rounds</p> <p>Ripe Banana</p>	<p>15 Tacos!!!!</p> <p>Spicy Meat with Shredded Lettuce, Shredded Cheddar Cheese, Salsa</p> <p>Seasoned Corn & Rice w/Beans</p> <p>Ripe Banana</p>	<p>16 Whole Wheat Spaghetti w/ Meatballs</p> <p>Seasoned Spinach</p> <p>Soft Whole Wheat Roll</p> <p>Fresh Crunchy Pear</p>	<p>17 Our all new!!!!!! Cheese or Pepperoni Pizza on whole grain crust</p> <p>Crunchy Oven Fries</p> <p>Tossed Garden Salad w/ Mixed Greens w/ reduced fat dressing</p> <p>Fresh Crunchy Apple</p>
<p>20 Martin Luther King Day</p> <p>No School</p>	<p>21 "Italian"</p> <p>Linguini Alfredo with Italian Meatballs</p> <p><i>Tender Linguini topped with a Creamy White Sauce and served with Meatballs, Steamed Broccoli and a Warm Breadstick</i></p> <p>Ripe Banana</p>	<p>22 "Mexico"</p> <p>Chicken Tostado Flatbread</p> <p><i>Flatbread Pizza Crust topped with Diced White Chicken and Cheddar Cheese. Served with a Corn and Black Bean Salsa and Shredded Lettuce on the side</i></p> <p>Fresh Crunchy Apple</p>	<p>23 "The Orient"</p> <p>Teriyaki Chicken Dippers w/ Fortune Cookie & Sweet n' Sour Sauce</p> <p>over Vegetable Lo Mein</p> <p>Whole Wheat Dinner Roll</p> <p>Fresh Orange</p>	<p>24 "USA"</p> <p>Our all new!!!!!! Cheese or Pepperoni Pizza on whole grain crust</p> <p>Fresh Vegetable Sticks w/ reduced fat dressing</p> <p>Fresh Crunchy Pear</p>
<p>27 Baked Chicken Nuggets w/ BBQ or Sweet n' Sour Sauce</p> <p>Crunchy Oven Fries</p> <p>Sweet Cinnamon Brown Sugar Squash</p> <p>Whole Wheat Dinner Roll</p> <p>Fresh Crunchy Pear</p>	<p>28 Breakfast @ Lunch:</p> <p>Whole Grain French Toast Sticks</p> <p>Sausage Patties</p> <p>Oven Baked Potato Rounds Syrup</p> <p>Ripe Banana</p>	<p>29 Nachos!!!! with Spicy Meat</p> <p>Cheese Sauce, Shredded Lettuce, Salsa</p> <p>Rice and Beans</p> <p>Seasoned Corn</p> <p>Fresh Orange</p>	<p>30 Whole Wheat Spaghetti w/ Meat Sauce</p> <p>Seasoned Spinach</p> <p>Soft Whole Wheat Roll</p> <p>Ripe Banana</p>	<p>31 Our all new!!!!!! Cheese or Pepperoni Pizza on whole grain crust</p> <p>Crunchy Oven Fries</p> <p>Tossed Garden Salad w/ Mixed Greens</p> <p>w/ reduced fat dressing</p> <p>Fresh Crunchy Apple</p>

Alternate Entrees (offered w/ fruit of the day and choice of milk)

Daily:  Double Decker Sunflower Butter & Jelly Sandwich on Whole Wheat, Fresh Baby Carrots
Junior Turkey & Cheese Sub w/ Lettuce & Tomato, Fresh Baby Carrots

Additional Weekly Specials

January 2 - 3: Bagel Fun Lunch: Bagel, Cream Cheese, Yogurt, Cheese, Fresh Baby Carrots
January 6 - 10: Nacho Fun Lunch w/Tortilla Chips, Salsa & Cheddar Cheese
January 13 - 17: Caesar Salad w/ Chicken, Cheese and Whole Wheat Roll
January 20 - 24: Fruit n' Yogurt Fun Lunch w/ Apples, Carrots, Yogurt & Whole Wheat Pita Triangle
January 27 - 31: Pizza Bagel Fun Lunch w/ Snack Pack Carrots

*Check out our INTERNATIONAL WEEK - January 20 - 24
Featuring Foods from different Cultures!!!*

 Part of making healthy diet choices means making $\frac{1}{2}$ of your grains whole. School lunch is a great opportunity to meet your daily whole grain requirements!

MENU ITEMS contain "zero grams" of artificial Trans fat per serving