

# Alanson School Lunch Menu

K-12th

January 2018

A full student lunch includes a choice of entrée supplying protein & grain, up to 2 vegetable side dishes, up to 2 fruit side dishes, & a choice of milk. Milk choices include 1% white, skim & skim chocolate.

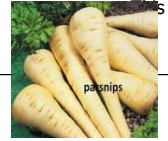
**A cold vegetable & fruit bar is available daily.** We feature a variety of vegetables & fruits including **locally grown** when seasonally available. Each week we feature romaine lettuce as well as deeply colored, nutrient-rich vegetables including red/orange & dark green varieties, as well as beans & other additional choices.

**Servings Times: 10:45am to 12:45pm. Lunch Prices: K-5th: \$2.25, 6th-12th: \$2.50, Reduced \$ .40, Free for Free Students if qualify for free meals**

Farm to School Locally Grown Products: **Highlighted in large font on menu**



Month's Food Focus: Dark Leafy Greens


Look on your menu for: Mixed Lettuce Greens includes Spinach & Broccoli



**January Harvest of the Month: Parsnips**

Look on your menu for: Seasoned Parsnip Fries

	Monday	Tuesday	Wednesday	Thursday	Friday
	January 1st	2	3	4	5
		Cheese Stuffed Breadsticks Marinara Sauce Mashed Winter <b>Squash</b>	Meatballs in Zesty Marinara Sauce Spaghetti Noodles WG Dinner Roll <b>Broccoli</b> Ranch Salad Seasoned Green Beans	Au Gratin Potatoes w/ Ham WG Dinner Roll Seasoned <b>Broccoli</b>	Homemade Cheese Pizza Herb Roasted <b>Cauliflower</b>
Alternate Weekly Choice: Mixed Berry Yogurt Granola Parfait, Fruit & Vegetable Bar & Milk OR Peanut Butter & Jelly Jammer					
	8	9	10	11	12
	Hot Dog on WG Bun Oven Baked Fries	<b>Lucky Tray Day</b> Veggie Chili & Cheese Potato WG Breadstick <b>Cucumber</b> Salad Seasoned <b>Broccoli</b>	WG Pancakes w/ Syrup Turkey Sausage <b>Blueberry</b> Topping Tater Tots	Meat & Cheese Nachos Tortilla Chips Refried Beans	Classic WG Pepperoni Pizza Seasoned Parsnip Fries
Alternate Weekly Choice: Popcorn Chicken Salad, WG Dinner Roll, Fruit & Vegetable Bar & Milk OR Peanut Butter & Jelly Jammer					
	15	16	17	18	19
	Cheeseburger on WG Bun Classic Vegetarian Baked Beans	Beef Stroganoff w/ Noodles WG Dinner Roll <b>Black Bean &amp; Corn</b> Salad Seasoned <b>Green Beans</b>	Sweet & Sour Popcorn Chicken Brown Rice Oriental Vegetables	Salisbury Steak Mashed Potatoes/Gravy WG Dinner Roll Seasoned Peas	Classic WG Cheese Pizza Mashed Winter <b>Squash</b>
Alternate Weekly Choice: WG Bagel Fun Lunch, Fruit & Vegetable Bar & Milk OR Peanut Butter & Jelly Jammer					
	22	23	24	25	26
	WG Cheese Stuffed Bread Stick Marinara Sauce Pasta Salad w/ <b>Cauliflower</b> , Olives, Yellow Peppers & <b>Onions</b> w/ Vinaigrette Dressing Seasoned Corn	<b>Birthday Celebration Month</b> Baked Ziti WG Dinner Roll Buttermilk Coleslaw w/ Shredded <b>Radishes</b> Seasoned <b>Green Beans</b>	WG French Toast Sticks w/ Syrup Turkey Sausage Patty <b>Blueberry</b> Topping Tater Tots	Meat & Cheese Nachos Tortilla Chips Refried Beans	1/2 Day Breakfast Only
Alternate Weekly Choice: Cereal Fun Lunch, Fruit & Vegetable Bar & Milk OR Peanut Butter & Jelly Jammer					
	29	30	31		
	WG Chicken Tenders Classic Vegetarian Baked Beans Mashed Winter <b>Squash</b>	Tater Tot Casserole w/ Corn WG Breadstick <b>Carrot &amp; Raisin</b> Salad Seasoned <b>Green Beans</b>	Sweet & Sour Meatballs Brown Rice Oriental Vegetables		
Alternate Weekly Choice: Apple Cinnamon Muffin Fun Lunch, Fruit & Vegetable Bar & Milk OR Peanut Butter & Jelly Jammer					

	Pepperoni & Mozzarella Panini	WG Crispy Chicken Sandwich	Mozzarella Cheese Sticks Marinara Sauce WG Dinner Roll	Mini Corn Dog Nuggets w/ WG Dinner Roll	WG Chicken Rings WG Dinner Roll
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**Daily Featured Fruit & Vegetable Bar. LOCALLY GROWN when in season! (Selection Will Change Daily)**

	<b>Mixed Salad Greens</b> <b>Fresh Cherry Tomatoes</b> Fresh Celery Sticks <b>Fresh Carrots</b> Chilled Fruit <b>Fresh Fruit</b> <b>Fresh Apple</b>	<b>Mixed Salad Greens</b> <b>Fresh Cucumber Coins</b> Power Peas <b>Fresh Broccoli Florets</b> Chilled Fruit <b>Fresh Fruit</b> <b>Fresh Apple</b>	<b>Mixed Salad Greens</b> <b>Fresh Cherry Tomatoes</b> <b>Fresh Carrots</b> <b>Fresh Red &amp; Green Pepper Strips</b> Hummus Chilled Fruit <b>Fresh Fruit</b> <b>Fresh Apple</b>	<b>Mixed Salad Greens</b> <b>Fresh Cucumber Coins</b> <b>Fresh Broccoli</b> Chilled Fruit <b>Fresh Fruit</b> <b>Fresh Apple</b>	<b>Mixed Salad Greens</b> <b>Fresh Assortment of Vegetables</b> Chilled Fruit <b>Fresh Fruit</b> <b>Fresh Apple</b>
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**News from the Chefs Corner:**

We are currently seeking hourly associates to work for the food service department. Open positions consist of cashiers, cook helpers & subs. Please email [kavanaugh.ba.u@petoskeyschools.org](mailto:kavanaugh.ba.u@petoskeyschools.org) for more information.

**This institution is an equal opportunity provider.**

No advance registration necessary! All students are welcome every day!

Questions or comments? Please call Beth Kavanaugh, Foodservice Director at (231) 348-2183 or [kavanaugh.ba.u@petoskeyschools.org](mailto:kavanaugh.ba.u@petoskeyschools.org)