





Lunch Menu January 7-11, 2019

	Monday	Tuesday	Wednesday	Thursday: <i>Jay Pillai Head for the Day!</i>	Friday
	BBQ Pulled Chicken Corn Mashed Potatoes	Soft Tacos Refried Beans Cilantro-Lime Rice	Stuffed Shells Sweet Peas Garlic Butter Breadsticks	Grilled Cheese Green Bean Casserole Tater Tots	Chicken Tenders Apple Sauce Brown Rice
	Lemon Basil Pasta	Veggie Burrito	Wheat Penne with Red Sauce	Black Bean and Corn Burrito	Caesar Salad
	Ham and Swiss on Marble Rye <i>Made-to-Order Deli</i>	Toasted Cuban on Sourdough <i>Made-to-Order Deli</i>	Tuna Salad Sandwich <i>Made-to-Order Deli</i>	Buffalo Chicken Wrap <i>Made-to-Order Deli</i>	Roasted Red Pepper Hummus Wrap <i>Made-to-Order Deli</i>
	Beef Noodle Fresh Fruit Salad Bar	Mexican Vegetable Fresh Fruit Salad Bar	Italian Wedding Fresh Fruit Salad Bar	Tomato Fresh Fruit Salad Bar	Buffalo Chicken Wing Fresh Fruit Salad Bar
Mid-Morning Snack	US: Apple Jacks Prep & LS: Rice Chex	US: English Muffins LS: Whole Grain Muffins	Cheese Sticks and Crackers	US: Carrots with Ranch Prep & LS: Carrots with Hummus	Yogurt with Fruit

Menu items may contain ingredients known to cause allergic reactions in some people, including peanuts, tree nuts, soy, milk, seafood, shellfish, wheat/gluten and eggs. Please check with management before consuming any products if you have any sensitivity or allergy to any of these food items.



elmwood franklin school

Lunch Menu January 14-18, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken Parmesan Mixed Vegetables Garlic Mashed Potatoes	Carnitas Pork Tacos Roasted Cauliflower Fiesta Rice	Roast Beef on Weck Roasted Zucchini Sweet Potatoes	Macaroni and Cheese Broccoli Tater Tots	NO SCHOOL Professional Development Day
	Veggie Flatbread Pizza	Southwest Salad with Cilantro-Lime Vinaigrette	Lemon Pepper Tilapia	Wheat Pasta Primavera	
	Turkey and Provolone with Spinach on Focaccia <i>Made-to-Order Deli</i>	Loaded Hummus Wrap <i>Made-to-Order Deli</i>	Roasted Vegetable Wrap <i>Made-to-Order Deli</i>	Ham and Cheddar Sandwich <i>Made-to-Order Deli</i>	
	Tomato Basil Salad Bar Fresh Fruit	Chicken Tortilla Salad Bar Fresh Fruit	Corn Chowder Salad Bar Fresh Fruit	Chili Salad Bar Fresh Fruit	
Mid-Morning Snack	Goldfish Crackers	Bananas	Soft Pretzels	Fruit with Graham Crackers	

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Lunch Menu January 21-25, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	NO SCHOOL MLK, Jr. Day	Philly Cheesesteak California Vegetables Roasted Sweet Potatoes	Spaghetti and Meatballs Sweet Peas Parmesan Breadsticks	Bruschetta Chicken Roasted Vegetables Brown Rice	Pepperoni Pizza Corn Red Potatoes
		Black Bean Burger	Marinated Portobello	Southwest Tilapia	Turkey Burger
		Tuna in the Grass Wrap <i>Made-to-Order Deli</i>	Turkey Club <i>Made-to-Order Deli</i>	Ham and Salami on Focaccia <i>Made-to-Order Deli</i>	Egg Salad Wrap <i>Made-to-Order Deli</i>
		Cream of Mushroom Salad Bar Fresh Fruit	Italian Wedding Salad Bar Fresh Fruit	Loaded Potato Salad Bar Fresh Fruit	Chicken Noodle Salad Bar Fresh Fruit
Mid-Morning Snack		Vanilla Yogurt with Graham Crackers	Animal Crackers	Whole Grain Muffins	Sun Chips

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Lunch Menu January 28-February 1, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	Chinese Orange Chicken Stir-Fry Vegetable Jasmine Rice	Chicken Quesadilla Roasted Corn Nachos and Salsa	Roasted Pork Loin Brussel Sprouts Scalloped Potatoes	Pot Roast Glazed Carrots Mashed Potatoes	Chicken Alfredo Mix Vegetables Whole Grain Garlic Butter Breadsticks
	Vegetable Spring Rolls	Seasoned Fish Taco	Veggie Pizza	Caesar Salad	Lemon Basil Pasta
	Roast Beef and Swiss on Multigrain Ciabatta <i>Made-to-Order Deli</i>	Ham and Swiss on Rye <i>Made-to-Order Deli</i>	Chicken Caesar Wrap <i>Made-to-Order Deli</i>	Chicken Salad Pita <i>Made-to-Order Deli</i>	BLT Wrap <i>Made-to-Order Deli</i>
	Oriental Vegetable Salad Bar Fresh Fruit	Tomato Basil Salad Bar Fresh Fruit	Minestrone Salad Bar Fresh Fruit	French Onion Salad Bar Fresh Fruit	Cream of Mushroom Salad Bar Fresh Fruit
Mid-Morning Snack	Pretzel Rods with Cheese Sticks	Rice Chex	US: Carrots with Ranch Prep & LS: Carrots with Hummus	Cinnamon Raisin Bagels	Goldfish Crackers

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