




## Lindop School District 92 January 2019 K-8 LunchSmart Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Spotlight Fruit of the Week: Bananas</i>	<b>January 7</b> <b>All-American Cheeseburger on a Bun* with Lettuce &amp; Tomato</b> Parsley Redskin Potatoes Snickerdoodle Cookie* Peaches	<b>January 8</b> <b>Chicken &amp; Penne Pasta* with Homemade Alfredo Sauce &amp; Garlic Bread*</b> Capri Blend Veggies Mixed Fruit	<b>January 9</b> <b>Honey Mustard Chicken Sandwich on Flatbread*</b> Baby Carrots Pineapple	<b>January 10</b> <b>Build-Your-Own Crunchy Beef Tacos* with Garnish Cup &amp; Salsa</b> Brown Rice* Refried Beans Corn Applesauce	<b>January 11</b> <b>Toasted Mozzarella Cheese Sandwich Italiano* with Beef Vegetable Soup*</b> California Blend Veggies Cheddar Goldfish Crackers* Pears
<i>Spotlight Fruit of the Week: Fresh Pears</i>	<b>January 14</b> <b>Grilled Chicken Parmesan Sandwich on a Bun*</b> Broccoli Florets Peaches	<b>January 15</b> <b>Beef Sloppy Joe on a Bun*</b> Kettle-Baked Beans Oven-Baked Spiral-Cut French Fries Mixed Fruit	<b>January 16</b> <b>Turkey a la King &amp; Honey Wheat Dinner Roll*</b> Brown Rice* Capri Blend Veggies Pineapple	<b>January 17</b> <b>Meat Loaf with Mashed Potatoes, Gravy &amp; Honey Wheat Dinner Roll*</b> Applesauce	<b>January 18</b>  <b>BREAKFAST SERVED ONLY</b>
<i>Spotlight Fruit of the Week: Grapes</i>	<b>January 21</b>  <b>NO SCHOOL</b>	<b>January 22</b> <b>Homemade Cheese Pizza*</b> Baby Carrots Strawberry Kiwi Slushie Pineapple	<b>January 23</b> <b>Chicken-Fried Steak with Mashed Potatoes &amp; Country Gravy</b> Cajun-Style Black-Eyed Peas Mini Cornbread Loaf	<b>January 24</b> <b>Spaghetti* with Turkey Meatballs &amp; Marinara</b> Broccoli Florets Applesauce	<b>January 25</b> <b>Grilled Chicken Sandwich* with Lettuce &amp; Tomato</b> California Blend Veggies Pears
<i>Spotlight Fruit of the Week: Bananas</i>	<b>January 28</b> <b>Chicken Tenders* with BBQ Dipping Sauce &amp; Breadstick*</b> Broccoli Florets Peaches	<b>January 29</b> <b>Beef Fajitas on Tortillas* with Flame-Roasted Pepper &amp; Onion &amp; Salsa</b> Baby Carrots Mixed Fruit	<b>January 30</b> <b>All-American Cheeseburger on a Bun* with Lettuce &amp; Tomato</b> Marinated Three-Bean Salad Corn Pineapple	<b>January 31</b> <b>Turkey &amp; Cheese Panini*</b> Oven-Baked Spiral-Cut French Fries Applesauce	



### Served Each Day:

Salad / Fresh Fruit / Sunbutter & Jelly Sandwich\* with Yogurt  
 Skim and 1% White Milk Plus Fat-Free Chocolate Milk

*\*=Item contains whole grains / ^=Item contains pork / L=Locally sourced / Milk served with lunch contains no artificial growth hormones or antibiotics / Menu is subject to change based on availability and quality of food items*






### Color Me Orange/Yellow

We are celebrating orange and yellow fruits and vegetables this month. What are the advantages of eating produce from this color group? Orange and yellow fruits and vegetables promote a healthy heart, vision health, and a stronger immune system. Your school's LunchSmart menu includes a rainbow of fruits and vegetables to enhance student well-being. Eating orange and yellow produce is part of the mix and it tastes good, too.

It is synonymous with Oklahoma roadside diners along Route 66. It is also the star of Oklahoma's official meal. We are talking about chicken-fried steak. Join the **Culinary Explorations** team in **Oklahoma City** for a lunch that does the city proud. Did you know Oklahoma City is one of only two capital cities with their state name as part of the city name? The other



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	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>January 7</b> <b>Assorted Cereals*</b> Yogurt Variety 100% Juice Fresh Apple or Orange	<b>January 8</b> <b>French Toast Sticks*</b> <b>with Syrup</b> 100% Juice Fresh Apple or Orange	<b>January 9</b> <b>Egg &amp; Cheese on an English Muffin*</b> 100% Juice Fresh Apple or Orange	<b>January 10</b> <b>Yogurt Parfait with Fruit &amp; Honey Oat Goldfish Cracker*</b> 100% Juice Fresh Apple or Orange	<b>January 11</b> <b>Breakfast Tortilla* with Scrambled Eggs, Flame-Roasted Peppers, Onions &amp; Salsa</b> 100% Juice Fresh Apple or Orange
	<b>January 14</b> <b>Pancake Wrap*^</b> 100% Juice Fresh Apple or Orange	<b>January 15</b> <b>Assorted Cereals*</b> Yogurt Variety 100% Juice Fresh Apple or Orange	<b>January 16</b> <b>Oatmeal* with Cinnamon</b> Yogurt Variety 100% Juice Fresh Apple or Orange	<b>January 17</b> <b>Cinnamon Raisin Bagel* with Cream Cheese</b> 100% Juice Fresh Apple or Orange	<b>January 18</b> <b>Cheese Omelet with Toast*, Margarine &amp; Mixed Fruit Jelly</b> 100% Juice Fresh Apple or Orange
	<b>January 21</b>  <b>NO SCHOOL</b>	<b>January 22</b> <b>Canadian Bacon &amp; Egg Croissant*</b> 100% Juice Fresh Apple or Orange	<b>January 23</b> <b>Yogurt Parfait with Peaches &amp; Honey Oat Goldfish Cracker*</b> 100% Juice Fresh Apple or Orange	<b>January 24</b> <b>Scrambled Eggs with Turkey Sausage, Toast* &amp; Mixed Fruit Jelly</b> 100% Juice Fresh Apple or Orange	<b>January 25</b> <b>French Toast Sticks* with Syrup</b> 100% Juice Fresh Apple or Orange
	<b>January 28</b> <b>Turkey Sausage &amp; Cheese Breakfast Sandwich*</b> 100% Juice Fresh Apple or Orange	<b>January 29</b> <b>Strawberry Pineapple Smoothie with Apple Oatmeal Bar*</b> 100% Juice Fresh Apple or Orange	<b>January 30</b> <b>Cheese Omelet with Toast*, Margarine &amp; Mixed Fruit Jelly</b> 100% Juice Fresh Apple or Orange	<b>January 31</b> <b>Oatmeal* with Cinnamon</b> Yogurt Variety 100% Juice Fresh Apple or Orange	

### Additional Items Served Every Day:

- Fresh apple or fresh orange
- 100% apple juice and orange juice
- Skim and 1% white milk with no artificial growth hormones or antibiotics

\*=Whole-grain item / ^=Item contains pork  
 Menu subject to change based on availability and quality of food items

### Breakfast Buzz

Make a New Year's resolution to eat school breakfast each day. Did you know that school breakfast is convenient, healthy, and delicious?

