

## Belding Area Schools Elementary Lunch

January 4<sup>th</sup> - February 1<sup>st</sup>

**Student lunch \$2.25 Reduced price \$0.40**

All meals include a trip to Chartwells food bar. Daily food bar offerings include a variety of fruits and vegetables such as:  
romaine lettuce, fresh broccoli, baby carrots, fresh fruit, canned fruit and composed salads.

Monday	Tuesday	Wednesday	Thursday	Friday
		4	5	6
		Pasta & Italian Meat Sauce Tossed Salad w/ Vinegar & Oil Dressing Banana Choice of Milk	Whole Grain Pancakes w/ Scrambled Eggs Crispy Tater Tots Orange Wedges Choice of Milk	Cheese Pizza on Whole Grain Crust Corn on the Cob Chilled Mixed Fruit Choice of Milk
Weekly Alternatives: Yogurt and Cracker Stackers Fun Lunch (Yogurt Cup, Ham, Cheese, Crackers) Baby Carrots, Fruit and Milk Vegetarian Salad (romaine lettuce, tomato, cheese, hard boiled egg) served with WG Breadstick and Light Ranch Dressing, Fruit and Milk				
9	10	11	12	13
Hot Ham & Cheese on a Whole Grain Bagel Baked Sweet Potato Fries Chilled Pears Choice of Milk	Turkey Taco Salad w/ Tortilla Shell Rounds Rice & Beans Chilled Peaches Choice of Milk	Baked Breaded Fish Sticks w/ Cheesy Macaroni & Whole Grain Dinner Roll Cucumber Coins with Low Fat Ranch Locally Grown Apple Choice of Milk	Whole Grain Mini Chicken Corn Dogs w/ Whole Grain Breadstick Steamed Broccoli with cheese sprinkled on top Orange Smiles Choice of Milk	Sweet and Sour Chicken with Brown Rice Fresh Celery Sticks w/ Light Ranch Dip Chilled Pineapples Choice of Milk
Weekly alternatives: Cold Pizza Bagel Fun Lunch (Whole Grain Bagel, Pizza Sauce & Shredded Cheese), Fruit, and Milk Deli Chef Salad (romaine lettuce, tomato, cheese, deli meat) served with WG Breadstick and Light Ranch Dressing, Fruit and Milk				
16	17	18	19	20
No School	Toasted Cheese Sandwich on Whole Grain Bread w/ Tomato Soup Cup & Crackers Fresh Baby Carrots Fruit Crisp Choice of Milk	Cheesy Red Rotini Bake Seasoned Green Beans Chilled Pears Choice of Milk	Chicken & Cheese Quesadilla served w/ salsa Fresh Banana Choice of Milk	Cheese Pizza on Whole Grain Crust Tossed Romaine Salad w/ Vinegar & Oil Dressing Chilled Applesauce Choice of Milk
Weekly Alternatives: Junior Ham & Cheese Sub with w/ Celery Sticks, Fruit and Milk Vegetarian Salad (romaine lettuce, tomato, cheese, hard boiled egg) served with WG Breadstick and Light Ranch Dressing, Fruit and Milk				
23	24	25	26	27
Grilled Chicken Sandwich on Whole Grain Bun Baked Sweet Potato Tots Locally Grown MI Apple Choice of Milk	Carved Turkey with Homemade Gravy Whole Grain Dinner Roll Mashed Potatoes Mandarin Oranges Choice of Milk	Sloppy Joe Scoops Fresh Creamy Coleslaw Made w/ Locally Grown Cabbage Chilled Peaches Choice of Milk	Turkey Hot Dog on a Whole Grain Bun Tater Tots Locally Grown MI Cantaloupe Choice of Milk	Nachos w/ Spicy Meat, Cheese, Lettuce & Salsa Rice & Beans Chilled Pineapples Choice of Milk
Weekly Alternatives: Flexitarian Fun Lunch: Hummus, Crackers, Carrot and Celery Sticks, Fruit and Milk Deli Chef Salad (romaine lettuce, tomato, cheese, deli meat) served with WG Breadstick and Light Ranch Dressing, Fruit and Milk				
30	31	1	2	3
Cheese Burger on WG Bun Seasoned Green Beans Fruit Crisp Choice of Milk	Whole Grain French Toast Sticks w/ Turkey Sausage Mashed Sweet Potatoes Fresh Banana Choice of Milk	Cheese Filled Whole Grain Breadsticks with Dipping Sauce Romaine Side Salad Fresh Apple Choice of Milk	WG Chicken Nuggets served with Biscuit Steamed Broccoli with Cheese Chilled Pears Choice of Milk	Soft Shell Beef Taco served with Cheese and Lettuce Refried Beans Mandarin Oranges Choice of Milk
Weekly Alternatives: Junior Turkey and Cheese in Whole Wheat Wrap w/ Baby Carrots, Fruit and Milk Deli Chef Salad (romaine lettuce, tomato, cheese, deli meat) served with WG Breadstick and Light Ranch Dressing, Fruit and Milk				

Menus Subject to change without notice



Go to [www.choosemyplate.gov](http://www.choosemyplate.gov) for online personal wellness resources for you and your family.

Milk selections include: ,skim white or skim chocolate. All milk is artificial hormone free.

The National School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.