



HAPPY NEW YEAR

St. Hilary January 2017 K-8 LunchSmart Menu

Monday	Tuesday	Wednesday	Thursday	Friday
January 2 Winter Break	January 3	January 4 BBQ Shredded Chicken Hoagie* with Melted Cheese Kettle-Baked Beans Pineapple	January 5 Build-Your-Own Crunchy Beef Tacos* with Garnish Cup & Salsa Baby Carrots Applesauce	January 6 Toasted Cheese Sandwich* with Tomato Soup California Blend Veggies Pears Cheddar Goldfish Crackers*
Weekly Salad Special: Chef Salad with Breadstick / Spotlight Fruit of the Week: Bananas + Other Fruits as Shown on Menu				
January 9 Chicken Parmigiana Hoagie* California Blend Veggies Peaches	January 10 Beef Sloppy Joe on a Bun* Baby Carrots Mixed Fruit	January 11 Beef Burrito Bowl* with Black Beans, Corn, Garnish Cup & Salsa Pineapple	January 12 BBQ Turkey Burger on a Bun* Scalloped Potatoes Applesauce	January 13 Handcrafted Mac & Cheese* Green Peas Pears Honey Wheat Dinner Roll*
Weekly Salad Special: Chicken Caesar Salad with Croutons & Breadstick* / Spotlight Fruit of the Week: Fresh Pears + Other Fruits as Shown on Menu				
January 16  MARTIN LUTHER KING JR.	January 17 BBQ Rib Sandwich on a Bun* ^A Corn Mixed Fruit	January 18 Jamaican Jerk Chicken Rice & Peas (a.k.a. Rice & Beans) Roasted Sweet Potatoes Collard Greens / Pineapple Cookie*	January 19 Spaghetti* with Meatballs & Marinara Broccoli Applesauce	January 20 French Toast Sticks* with Syrup & Turkey Sausage Baby Carrots Pears
Weekly Salad Special: Crispy Chicken Salad with Breadstick* (Chef Salad served 1/18) / Spotlight Fruit of the Week: Grapes (Bananas served 1/18) + Other Fruits as Shown on Menu				
January 23 Chicken Tenders* with BBQ Dipping Sauce Kettle-Baked Beans Peaches Honey Wheat Dinner Roll*	January 24 Chicken Fajita with Tortilla*, Flame-Roasted Pepper & Onion & Salsa Baby Carrots Mixed Fruit	January 25 Greek-Style Chicken Brown Rice* Green Beans Pineapple Snickerdoodle Cookie*	January 26 Turkey Ham & Cheese Melt* Oven-Baked Spiral-Cut French Fries Applesauce	January 27 Half Day
Weekly Salad Special: Chef Salad with Breadstick* (Crispy Chicken Salad 1/25) / Spotlight Fruit of the Week: Bananas (Grapes served 1/25) + Other Fruits as Shown on Menu				
January 30 Bosco Stick* with Marinara Dipping Sauce Green Beans Peaches	January 31 Beef & Cheese Nachos* with Garnish Cup Refried Beans California Blend Veggies Mixed Fruit	Color My Plate: Blue/Purple  This month, we focus on the blue/purple produce group. Purple and blue produce provides health-enhancing antioxidants, phytochemicals, and flavonoids to your diet. Most people get very little of their fruit and veggie intake from this group. Eat blueberries, plums, and purple cabbage to boost consumption. Expand your horizons by trying fruits and vegetables such as purple asparagus, purple potatoes, and elderberries.		
Weekly Salad Special: Apple-Cranberry Chicken Salad with Pretzels* / Spotlight Fruit of the Week: Fresh Pears + Other Fruits as Shown on Menu				

Salad and Fresh Fruit Available Each Day

Additional Entrées Offered Daily

- Monday – All-American Cheeseburger on a Bun*
- Tuesday – Chicken Nuggets* with Twisted Breadstick* & BBQ Dipping Sauce
- Wednesday – Mini Corn Dogs*
- Thursday – Breaded Chicken Sandwich*
- Friday – Pizza* (pepperoni French bread, cheese personal pan, and Big Daddy's extra cheesy pizza rotate each week)

Sunbutter & Jelly Sandwich* with a Yogurt Cup available every day

*=Item contains whole grains / ^=Item contains pork
L=Locally sourced / H= Antibiotic and hormone-free
S=Sustainable source



Milk served with lunch contains no artificial growth hormones or antibiotics
Menu is subject to change based on availability and quality of food items

Around the World in a Lunch Period – Jamaica

Brrr! It's cold outside. Join the **Culinary Explorations** team as we head for the sun – in Jamaica! Jamaica is located approximately 90 miles south of Cuba. Once a Spanish possession called Santiago, Jamaica came under the rule of England in the 17th century. It achieved full independence on August 6, 1962, becoming a Commonwealth realm with Elizabeth II serving as the Queen and head of state. Jamaica is a parliamentary democracy and its form of government is known as a constitutional monarchy. On January 18, you will sample the flavor of this Caribbean island. Jerk chicken and collard greens are on the menu. Did you know . . .

- Jamaica is known as an Anglophone country because English is the official language?
- The cuisine is described as “fusion food” because it includes African, Indian, Spanish, Chinese, and British influences?
- “Jerk” refers to a style of cooking?
- Collard greens resemble the leafy vegetables commonly used in the popular dish callaloo, an island staple?

Here's to good eating! Enjoy!