

WINTER/SPRING 2015 Valparaiso Community Schools Elementary Menu

Food and Nutrition Services • 2727 N. Campbell • Valparaiso, IN 46385 • (219) 531-3050

www.valpo.k12.in.us • Kathleen Kane, SNS, Director

@VCS FoodService

PRICES: Breakfast Full Price \$1.40, Reduced .30 **Lunch Full Price**

\$2.20. Reduced .40 All meals include low fat milk. **Lovely LEGUMES**

Cycle Week 1

MONDAY

Crispy Chicken Sandwich **Corn Niblets** Lettuce & Tomato Cinnamon Applesauce

TUESDAY

Pasta with Beef Sauce **Garlic Toast Green Beans** Strawberries!

WEDNESDAY

Chicken Nuggets Wild Rice **Sweet Garden Peas** Pears

THURSDAY

Beef and Cheese Nachos Refried Beans Lettuce, Tomato & Salsa Pineapple

FRIDAY

Big Daddy Cheese Pizza Steamed Broccoli Choice of Fruit

Cycle Week 2

MONDAY

Lil' Viking Cheeseburger **Roasted Potatoes Sweet Garden Peas** Peaches

TUESDAY

Popcorn Chicken Bowl! Mashed Potatoes, Cheddar Cheese, Corn Niblets Fresh Apple Slices

WEDNESDAY

Teriyaki Steak Dippers Lo Mein Noodles Veggie Egg Roll Steamed Broccoli **Mandarin Oranges**

THURSDAY

All Beef Hot Dog Sweet & Spicy Baked Beans **Pickle Spears** Mango Pineapple Salad

FRIDAY

Grilled Cheese Sandwich Garden Salad Tomato Soup Choice of Fruit

Cycle Week 3

MONDAY

Mini Corn Dog Wraps WG Cheez-It Crackers Steamed Broccoli **Peaches**

TUESDAY

Brunch for Lunch! Silver Dollar Pancakes with Syrup & Sausage Links Hash Brown, Juice Raisins

WEDNESDAY

Pepperoni Pizza **Honey Glazed Carrots Applesauce**

THURSDAY

Turkey & Cheese Deli Sub Lettuce & Tomato **Baked Potato Smiles** Mixed Fruit Cup

FRIDAY

Mozzarella Breadsticks Marinara Sauce Fresh Sugar Snap Peas w/Dip Choice of Fruit

Start SMART with Breakfast!

Monday

Whole Grain Dutch Waffle

Tuesday

Breakfast Pizza Wednesday

Mini Pancakes **Thursday**

Egg and Sausage Sandwich Friday

Mini Cinni Rolls **Breakfast includes** 100% juice, fruit choice and low fat milk

Kellogg's® Reduced Sugar Whole Grain Cereal offered as a second choice every morning!



Celebrate International cuisine with us! This menu features an Asian inspired lunch.

Meatless Entrée **Contains Pork**

May Contain Nuts

New federal regulations require schools to offer at least one 1/2 cup serving of legumes each week for lunch. Many students are unfamiliar with legumes and need your support and encouragement to try these healthy dishes. We offer Sweet & Spicy Baked Beans,

Refried Beans and Fresh Sugar

What is a legume?

Snap Peas.

Legumes are plants that bear their fruit inside a pod. Familiar legumes include lima beans, black beans, chickpeas, navy beans, kidney beans, sugar snap peas and pinto beans.

Did you know...

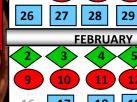
Adding legumes to your diet can decrease your risk of heart disease and cancer. Legumes are a low fat source of protein with no cholesterol and high in fiber.

Try it at home!

For great recipe ideas, visit:

http://www.foodnetwork.com/ topics/beans-and-legumes.html

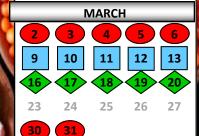
http://recipes.prevention.com/ Recipes/SearchResults.aspx? WithTopic=Beans+and+Legumes

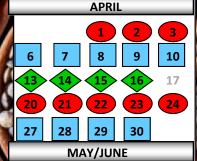


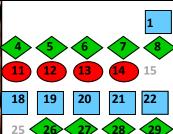


JANUARY

9







AVAILABLE EVERY DAY AS A SECOND CHOICE ENTRÉE (Includes regular menu sides and milk)

PBJ Combo with String Cheese and Whole Grain Crackers



Yogurt Combo with String Cheese and Bagel

