

# ASSAWOMPSET ELEMENTARY SCHOOL

## LUNCH MENU JANUARY 2013

Mon	Tue	Wed	Thu	Fri
	1 NO FOOD SERVED	2 MEATBALL SUB WITH SALAD FRUIT.MILK AND DESSERT	3 JR TURKEY CLUB SAND WITH PUFFS,SALAD ,FRESH FRUIT AND MILK	4 PIZZA DELUXE WITH TOSS SALAD FRUIT AND MILK & DESSERT
7 PASTA & MEAT BALLS GARLIC BREAD,SALAD FRUIT,MILK & DESSERT	8 BAKED CHICKEN DINNER WITH POT. VEG FRUIT ,MILK AND DESSERT	9 MACARONI AND CHEESE WITH VEG.FRESH FRUIT MILK AND DESSERT	10 FRENCH TOAST WITH SAUSAGE VEG FRESH FRUIT MILK & DESSERT	11 PIZZA DELUXE WITH TOSS SALAD FRUIT ,MILK AND DESSERT
14 RIB-E-QUE SAND WITH PUFFS,SALAD, FRUIT MILK, AND DESSERT	15 CHICKEN PARM DINNER WITH PASTA,SALAD, FRUIT MILK,AND DESSERT	16 HOT TURKEY SANDWICH WITH VEG. FRESH FRUIT,MILK AND DESSERT	17 HAMBURGER OR CHEESE-BURGER,SALAD POT. PUFFS,FRESH FRUIT AND MILK	18 PIZZA DELUXE WITH SALAD,FRESH FRUIT ,MILK AND DESSERT
21 NO FOOD SERVED	22 GRILLED CHEESE SAND. WITH A CUP OF SOUP ,SALAD, FRUIT,MILK AND	23 CHEESE QUESADILLA WITH SALAD FRESH FRUIT ,MILK AND DESSERT	24 CHICKEN NUGGETS DINNER WITH POT. VEG. FRUIT MILK AND DESSERT	25 PIZZA DELUXE WITH TOSS SALAD,FRUIT, MILK AND DESSERT
28 POPCORN CHICKEN WITH POT.VEG. FRUIT,MILK AND DESSERT	29 PANCAKES AND SAUSAGE VEG. FRESH FRUIT ,MILK AND DESSERT	30 AMERICAN CHOP SUEY GARLIC BREAD,SALAD,FRUIT, MILK AND DESSERT	31 BEEF TACO WITH ALL THE TRIM-MINGS,FRUIT,MILK AND DESSERT	

### ALTERNATIVES SERVED DAILY

VARIETY OF PREMADE SANDWICHES TUNAFISH, HAM & CHEESE , BOLOGNA & CHEESE

ALL ALTERNATIVES SERVED CAN INCLUDE SALAD OR SOUP FRESH FRUIT ,MILK AND DESSERT

### LUNCH CARD PROGRAM

CARDS MAY BE PURCHASED DAILY AT THE END OF EACH LUNCH IN THE CAFETERIA, EACH CARD IS GOOD FOR 10 HEALTHY LUNCHES. THE COST OF EACH CARD IS **\$25.00** AND CAN BE USED FOR THE FOLLOWING  
 1) DAILY SCHOOL LUNCH OR  
 ) SELECTED PREMADE SANDWICHES WITH FRUIT AND MILK  
 PAYMENT BY CHECK-NAME AND HOME ROOM IN MEMO AREA CHECKS TO BE MADE OUT TO FLRSD  
 ALL MILK PRICES ARE \$.45 ALACARTE  
 \*\*\*ALL MEALS CAN INCLUDE THE OFFERING OF THE DAY WHICH COULD BE POT. VEG. FRESH FRUIT ,MILK AND DESSERT