

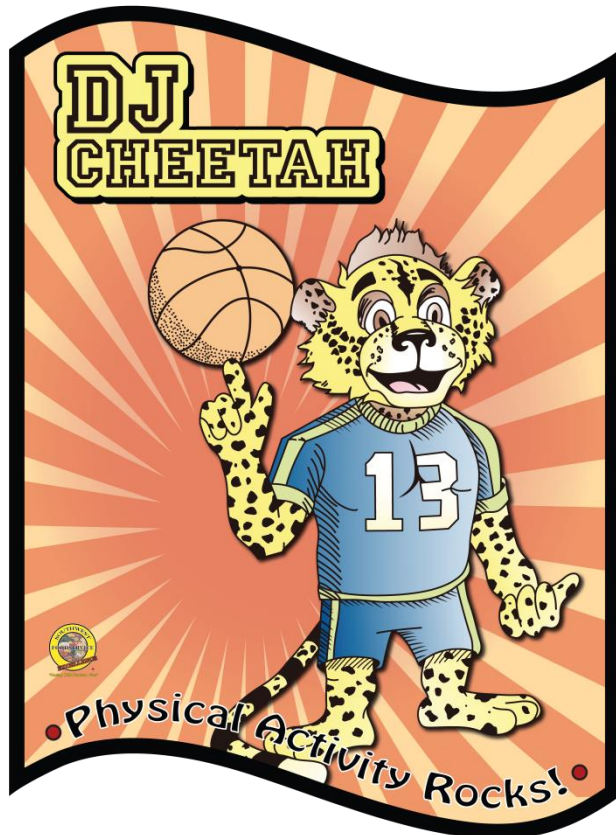


# JANUARY 2015

## Elementary Breakfast & Lunch Menus



### DJ CHEETAH'S NUTRITION FACTS



**Food and Nutrition Services Director:**

Althea Albert-Santiago, 314-345-4519;

**Director of Dining Services:**

Mike Butler, 314-381-4155

**Associate Director of Nutrition Operations:**

Megan Fraley MS, RD, LD, 314-381-4155



### New Year's Resolutions:

### Let's Get Active!!

- Exercise 30 to 60 minutes a day – 5 days a week!
- Exercise with a friend or a family member!
- Make exercise fun and drink plenty of water!

### PUTTING CHILD NUTRITION FIRST!

Due to our constant pursuit of excellence SFE will enhance our menus through students' feedback, surveys, parent meetings, recipe development and market trends.



# SLPS

## ELEMENTARY BREAKFAST

Fresh Fruit and Juice Bar Served Daily!



January 2015

Monday	Tuesday	Wednesday	Thursday	Friday
5- Waffles w/ syrup (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Apple Juice, Diced Pears	6- Breakfast Sausage Pizza Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Orange Juice, Applesauce	7- French Toast w/ syrup (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Grape Juice, Pineapple Tidbits	1- WINTER BREAK	2- WINTER BREAK
12- Cinnamon Raisin Bagel w/ Cream Cheese (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Apple Juice, Pineapple Tidbits	13- Egg & Potato Breakfast Burrito w/ Salsa (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Orange Juice, Applesauce	14- Pancakes w/ syrup (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Grape Juice, Pineapple Tidbits	15- Strawberry Banana Yogurt w/ Graham Crackers (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Apple Juice, Sliced Peaches	16- Colby Cheese Omelet w/ Country Style Hash Browns (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Orange Juice
19- MARTIN LUTHER KING DAY	20- Blueberry Muffin (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Orange Juice, Diced Pears	21- Cinnamon French Toast w/ syrup (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Grape Juice, Pineapple Tidbits	22- Oatmeal (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Apple Juice, Sliced Peaches	23- Sausage & Cheese Bagel Sandwich Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Orange Juice, Fresh Banana
26- Mini Blueberry Pancakes w/ syrup (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Apple Juice, Diced Pears	27- Apple Frudel (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Orange Juice, Applesauce	28- Banana Loaf (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Grape Juice, Pineapple Tidbits	29- Colby Cheese Omelet w/ Salsa (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Apple Juice, Sliced Peaches	30- Sausage & Cheese English Muffin Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Orange Juice, Fresh Banana

**Food and Nutrition Services Director: Althea Albert-Santiago, 314-345-4519; Director of Dining Services: Mike Butler, 314-381-4155**  
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### Elementary School Menu Meal Prices

Menu is subject to change  
 SLPS is a pork-free district  
 All recipes made with whole grains  
 Vegetarian items (V)

Second Lunch Meal ..... \$1.10	Second Breakfast Meal ..... \$1.10	
Staff/Adult Lunch ..... \$2.50	Staff/Adult Breakfast..... \$2.25	Milk ..... \$0.40

**Milk**



Reduced Fat Milk Variety  
 Offered Daily

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# SLPS

## ELEMENTARY LUNCH

Fresh Fruit and Vegetable Bar Served Daily!



January 2015

Monday

Tuesday

Wednesday

Thursday

Friday

5- Italian Chicken Salad  
Chicken Teriyaki w/ Brown Rice  
Baked Rotini w/ Vegetables &  
Breadstick (V)  
Cook Crinkle Cut Carrots

6- Turkey Taco Salad  
Chicken Tenders w/ Roll  
Beef Ravioli w/ Roll  
Sweet Potato Fries

7- Southwest Chicken Salad  
Grilled Cheese Sandwich (V)  
Beef Flour Tacos  
Corn Kernels

1- WINTER BREAK

2- WINTER BREAK

12- Grilled Chicken Garden Salad  
Turkey Corn Dog  
Bean & Cheese Burrito (V)  
Mexicorn

13- Chef Salad w/ Crackers  
Grilled Ham & Cheese Sandwich  
Orange Chicken w/ Rice  
Green Beans

14- Ham & Cheese Salad  
Spaghetti w/ Meatballs &  
Breadstick  
Grilled Cheese Sandwich (V)  
Crinkle Cut Sweet Potato Fries

15- Chicken Caesar Salad  
Turkey & Cheese Wrap  
Chicken Quesadilla  
Steamed Broccoli

16- Garden Salad (V)  
Cheeseburger  
Baked Veggie Ziti (V)  
5 Way Vegetables

19- MARTIN LUTHER KING DAY

20- French Toast Sticks &  
Sausage  
Egg, Sausage, & Cheese Biscuit  
Sandwich  
Chicken Caesar Salad  
Country Style Hash Browns

21- Turkey Hot Dog  
Fish Nuggets  
Garden Salad (V)  
Green Peas

22- Spicy Crispy Chicken Caesar  
Salad  
Pepperoni Pizza  
Turkey and Cheese Sub  
Steamed Broccoli

23- Crispy Chicken Salad w/  
Crackers  
Meatball Sub  
Grilled Cheese Sandwich (V)  
Mashed Potatoes

26- Grilled Chicken Garden Salad  
Sloppy Joe Sandwich  
Moz Cheese Quesadilla (V)  
Mexicorn

27- Chef Salad w/ Crackers  
Turkey Melt Sandwich  
Spicy Chicken Sandwich  
Steamed Broccoli

28- Ham & Cheese Salad  
Grilled Chicken Wrap  
Cheese Pizza (V)  
Green Beans

29- Chicken Caesar Salad  
Chicken Burrito  
Ham, Turkey & Cheese Sandwich  
5 Way Vegetables

30- Hamburger  
Southwest Veggie Wrap (V)  
Southwest Chicken Salad  
Cooked Crinkle Cut Carrots

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Milk

Reduced Fat Milk  
Variety Offered Daily

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