Menus for January
Prince George’s County Elementary Schools (K-8)

Available Daily
Garden Salad w/Fresh Tomatoes, 100% Fruit Juice is offered on Tuesday and Thursday +Item is Meatless

Entrée Choices
Cheesy Pull Aparts+ Soft Shell Taco
Soft Shell Taco & J Sandwich & Cheese Stick+

Sidee
Steamed Broccoli
Steamed Peas & Carrots
Mixed Fruit

NO SALADS

Full student lunch includes choice of entrée (meat or meat substitute w/grain item), up to two vegetables, one fruit, and a choice of one milk. Students will be offered an additional grain with the cold Deli Sandwiches.

Don’t Be a Lunch Monster! To make a lunch, choose at least one:

Fruit/Juice or Veggie

Grains
Milk
Protein

Fruit/Juice
Vegetables

PRINCE GEORGE’S COUNTY FOOD & NUTRITION SERVICES

Still the best deal in town!

Breakfast Lunch

$1.60 $2.75

Get in touch with us today to learn more about free and reduced-price meals in our district: 301-952-6517

Friday, January 6

Entrée Choices
Macaroni & Cheese+ Turkey Corn Dog Nuggets
Cheese & Veggie Salad Platter & Goldfish Crackers
Mashed Sweet Potatoes
Steamed Green Beans
Apple Crisp

Today’s Dessert: Pudding

Monday, January 9

Entrée Choices
Cheese Calzone+ Turkey Bacon Club Wrap
Cheese & Veggie Salad Platter & Goldfish Crackers
Steamed Broccoli
Steamed Peas & Carrots

Tuesday, January 10

Entrée Choices
Roasted BBQ Chicken & Vegetable Rice Pilaf
Tuna Salad Sandwich
PB & J Sandwich & Cheese Stick+
Chef Salad Platter & Goldfish Crackers

Sidee
Baked Plantains
Coleslaw
Orange Smiles

Wednesday, January 11

Entrée Choices
Turkey Corn Dog Nuggets
Fiesta Chicken & Cheese Wrap
PB & J Sandwich & Cheese Stick+
Tuna Salad Platter & Goldfish Crackers

Sidee
Vegetarian Baked Beans
Steamed California Blend Vegetables

Thursday, January 12

Entrée Choices
Cafe Burger
Turkey & Cheese Sandwich
PB & J Sandwich & Cheese Stick+
Fiesta Chicken Salad Platter & Goldfish Crackers

Sidee
Crinkle Cut Fries
Tuscan Kale Salad
Mandarin Oranges

Friday, January 13

Entrée Choices
Toasted Cheese Sandwich+ Turkey Italian Cold Cut Sub
PB & J Sandwich & Cheese Stick+
Cheese & Veggie Salad Platter+ & Goldfish Crackers

Sidee
Tomato Soup+
Steamed Zucchini & Squash
American Hero Frozen Fruit Ice
Monday, January 16

No School

Tuesday, January 17

**Entrée Choices**
- Stuffed Crust Cheese Pizza+
- Chicken Salad Sandwich
- PB & J Sandwich & Cheese Stick+
- Chef Salad2 Platter & Goldfish Crackers

**Sides**
- Steamed California Blend Vegetables
- Celery Sticks w/Dip

Diced Pears

Wednesday, January 18

**Entrée Choices**
- Fiesta Nachos
- Turkey Ham & Cheese Sandwich
- PB & J Sandwich & Cheese Stick+
- Chicken Salad Platter & Goldfish Crackers

**Sides**
- Steamed Sweet Corn
- Refried Beans
- Orange Smiles

Thursday, January 19

**Entrée Choices**
- Teriyaki Beef Bites w/Steamed Rice
- Turkey & Cheese Sandwich
- PB & J Sandwich & Cheese Stick+
- Fiesta Chicken Salad Platter & Goldfish Crackers

**Sides**
- Sweet Potato Fries
- Cole Slaw
- Mixed Fruit

No School Today

Friday, January 20

**Entrée Choices**
- Pizza Quesadilla+
- Turkey Bacon Club Wrap
- PB & J Sandwich & Cheese Stick+
- Chicken Fajita Salad Platter & Goldfish Crackers

**Sides**
- Steamed California Blend Vegetables
- Fresh Broccoli & Cauliflower Florets w/Dip
- Diced Pears

Monday, January 23

**Entrée Choices**
- Oven Fried Chicken w/Steamed Rice
- Tuna Salad Sandwich
- PB & J Sandwich & Cheese Stick+
- Chef Salad Platter & Goldfish Crackers

**Sides**
- Cajun Red Beans*
- Steamed Collard Greens

Orange Smiles

Tuesday, January 24

**Entrée Choices**
- Pork BBQ Rib Sandwich*
- Fiesta Chicken & Cheese Wrap
- Tuna Salad Platter & Goldfish Crackers

**Sides**
- Vegetarian Baked Beans
- Cole Slaw
- Mixed Fruit

Wednesday, January 25

**Entrée Choices**
- Teriyaki Chicken w/Steamed Rice
- Turkey Bacon Club Wrap
- PB & J Sandwich & Cheese Stick+
- Chicken Fajita Salad Platter & Goldfish Crackers

**Sides**
- Steamed Broccoli

Sweet Potato Fries

Orange Smiles

Monday, January 30

**Entrée Choices**
- Teriyaki Chicken w/Steamed Rice
- Turkey Bacon Club Wrap
- PB & J Sandwich & Cheese Stick+
- Chicken Fajita Salad Platter & Goldfish Crackers

**Sides**
- Steamed Broccoli

Sweet Potato Fries

Orange Smiles

Tuesday, January 31

**Sides**
- Vegetarian Baked Beans
- Cole Slaw
- Fresh Pear

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**What’s on Your Plate?**

He’s the heavyweight champ, whether he’s cooked . . .

**OR RAW!**

He’ll give any other food a nutritional body slam, because he’s . . .

**THE BROC**

Can you name the powerful food we’re describing and the famous person we’re comparing it to?

(Hold the page upside down and look in a mirror for the answer!)

Learn more at [www.choosemyplate.gov](http://www.choosemyplate.gov) or [http://kidshealth.org/kid/stay-healthy/foodpyramid.html](http://kidshealth.org/kid/stay-healthy/foodpyramid.html)

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**Year of the Rooster**

This year, there are TWO New Years in January!

The Chinese New Year begins with the new moon on January 28.

2017 is the Year of the Rooster.