

# FAIRVIEW AND RICE ELEMENTARY LUNCH MENU

## What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

**Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch**

Meat or meat alternate

Choice of Vegetable

Choice of Fruit

Grain/Bread

Choice of Milk - 1% white, and fat-free chocolate

## Weekly Vegetable Subgroups May Include:

**Dark green** - spinach, broccoli, romaine and spring salad

**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers

**Beans/Peas**

**Starchy** - white potatoes, corn, and lima beans

**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

## Featured Fruit May Include:

oranges, apples, bananas, grapes, pears, peaches, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

## LEAVE YOUR LUNCHBOX AT HOME!

### DAILY ALTERNATES INCLUDE:

Ham and Cheese Sandwich

Turkey and Cheese Hoagie

Peanut Butter and Jelly Sandwich

### Tuna Sandwich



Craveables Offered Every Friday

(alternating weeks)

Pizza Craveable

Turkey and Cheese Craveable

### Lunch Prices

Students - \$2.85

Reduced - \$0.40

Adult - \$4.75

MENU SUBJECT TO CHANGE

General Manager: Rebecca Salerno

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This institution is an equal opportunity provider and employer.

## Monday

1



Happy New Year!

## Tuesday

2

Open Face Turkey Sandwich  
or  
Cheeseburger/Hamburger  
on a Bun

**Featured Veggies:**  
Scalloped Potatoes  
Celery Sticks  
Featured Fruit  
Choice of Milk

## Wednesday

3

Bacon Cheddar Pierogies  
or  
Hot Dog on a Bun

**Featured Veggies:**  
Steamed Potatoes  
Fresh Side Salad  
Featured Fruit  
Choice of Milk

## Thursday

4

Italian Dinkers  
or  
Chicken Patty  
on a Bun

**Featured Veggies:**  
Green Beans  
Carrot and Celery Sticks  
Featured Fruit  
Choice of Milk

## Friday

5

Cheesy Pizza  
or  
Hot Turkey and Cheese  
on a Pretzel Roll

**Featured Veggies:**  
Steamed Peas  
Chickpea Salad  
Featured Fruit  
Choice of Milk

8

The Comet Bowl!  
or  
Chicken Fries with  
Fresh Dinner Roll

**Featured Veggies:**  
Mashed Potatoes  
Steamed Corn  
Featured Fruit  
Choice of Milk

9

Chicken Fajitas with  
Shredded Cheese  
or  
Cheeseburger on a Bun

**Featured Veggies:**  
Refried Beans  
Fresh Broccoli Florets  
Featured Fruit  
Choice of Milk

10

Chili  
with Cornbread  
or  
Hot Dog on a Bun

**Featured Veggies:**  
Steamed Carrots  
Mixed Veggies  
Featured Fruit  
Choice of Milk

11

Spaghetti with  
Meat Sauce  
or  
Chicken Patty Sandwich

**Featured Veggies:**  
Steamed Green Beans  
Fresh Side Salad  
Featured Fruit  
Choice of Milk

12

Bacon Pizza  
or  
Ham and Cheese  
on a Croissant

**Featured Veggies:**  
Steamed Broccoli  
Carrot and Celery Sticks  
Featured Fruit  
Choice of Milk

15

NO SCHOOL TODAY



16

Nachos Grande with Beef  
and Tortilla Chips  
or  
Cowboy Burger

**Featured Veggies:**  
Refried Beans  
Cherry Tomatoes  
Featured Fruit  
Choice of Milk

17

Macaroni and Cheese  
with a Fresh Dinner Roll  
or  
Hot Dog on a Bun

**Featured Veggies:**  
Stewed Tomatoes  
Carrot and Celery Sticks  
Featured Fruit  
Choice of Milk

18

BBQ Pulled Pork  
on a Bun  
or  
Chicken Patty Sandwich

**Featured Veggies:**  
Sweet Mashed Potatoes  
Fresh Side Salad  
Featured Fruit  
Choice of Milk

19

Pepperoni Pizza  
or  
Sloppy Joe  
on a Bun

**Featured Veggies:**  
Steamed Green Beans  
Chickpea Salad  
Featured Fruit  
Choice of Milk

22

Brunch for Lunch!

French Toast Sticks with Sausage  
or  
Chicken Nuggets with  
with a Fresh Dinner Roll

**Featured Veggies:**  
Tater Tots  
Fresh Cucumber Salad  
Featured Fruit  
Choice of Milk

23

Cheesy Meatball Hoagie  
or  
Cheeseburger on a Bun

**Featured Veggies:**  
Green Peas  
Lettuce & Tomato  
Featured Fruit  
Choice of Milk

24

The Comet Bowl!  
or  
Hot Dog on a Bun

**Featured Veggies:**  
Steamed Carrots  
Carrot and Celery Sticks  
Featured Fruit  
Choice of Milk

25

Mini Corn Dogs  
or  
Chicken Patty Sandwich

**Featured Veggies:**  
Mashed Potatoes  
Steamed Corn  
Featured Fruit  
Choice of Milk

26

NO SCHOOL TODAY  
ACT 80 DAY

29

Grilled Cheese Sandwich  
with Tomato Soup  
or  
Chicken Tenders  
with a Fresh Dinner Roll

**Featured Veggies:**  
Mixed Veggies  
Fresh Broccoli Florets  
Featured Fruit  
Choice of Milk

30

Philly Cheesesteak  
with Cheese  
or  
Cheeseburger on a Bun

**Featured Veggies:**  
French Fries  
Roasted Chickpeas  
Featured Fruit  
Choice of Milk

31

Walking Beef Tacos  
with Salsa  
or  
Hot Dog on a Bun

**Featured Veggies:**  
Steamed Corn  
Baby Carrots  
Featured Fruit  
Choice of Milk

1

Pasta Day

Chicken Alfredo  
With Garlic Knot  
or  
Chicken Patty Sandwich

**Featured Veggies:**  
Steamed Broccoli  
Celery Sticks with Ranch  
Featured Fruit  
Choice of Milk

2

Cheesy Pizza  
or  
Grilled Chicken and Cheese  
on a Bun

**Featured Veggies:**  
Steamed Carrots  
Cucumber Slices  
Featured Fruit  
Choice of Milk