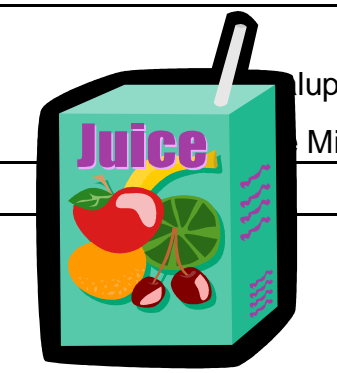




	Tuesday	Wednesday	Thursday	Friday
	January 3, 2017	JANUARY 4,2017	JANUARY 5,2017	JANUARY 6,2017
	WAFFLE STICKS w/ SYRUP	Scramble Eggs BUTTERMILK BISCUIT	CHEERIOS	HAM AND CHEESE BAGEL
	Cantalupe Whole Milk	Peaches Whole Milk	Nectarines Whole Milk	Cantalupe Whole Milk
	Mini Pancake w/Syrup		HAM ON BAGEL	
JANUARY 9,2017	JANUARY 10,2017	JANUARY 11,2017	JANUARY 12,2017	JANUARY 13,2017
BAGEL WITH CREAM CHEESE	Egg & Cheese Croissant	SCRAMBLED EGGS BUTTERMILK BISCUIT	WAFFLE STICKS WITH SYRUP	CINNAMON ROLLS AND YOGURT
Bananas Whole Milk	Oranges Whole Milk	Peaches Whole Milk	Cantalupe Whole Milk	Oranges Whole Milk
CROISSANT W/JELLY		Sausage Burrito		
JANUARY 16,2017	JANUARY 17,2017	JANUARY 18,2017	JANUARY 19,2017	JANUARY 20,2017
MARTIN.L.KING.DAY NO SCHOOL	MINI PANCAKES W/ SYRUP	EGG & BACON ON ENGLISH MUFFIN	EGG, BACON AND CHEESE CROISSANT	SCRAMBLED EGGS WG.BUN
	Oranges Whole Milk	Apple Whole Milk	Grapes Whole Milk	Peaches Whole Milk
		*ENGLISH MUFFIN W/ C.CHEESE *	Croissant w/ c.cheese	
JANUARY 23,2017	JANUARY 24,2017	JANUARY 25,2017	JANUARY 26,2017	JANUARY 27,2017
CHEERIOS	SCRAMBLED EGGS WG.BUN	CINNAMON ROLLS AND YOGURT	ASSORTED MUFFINS AND FRUIT	EGG, BACON AND CHEESE CROISSANT
Nectarines Whole Milk	Peaches Whole Milk	Oranges Whole Milk	Grapes Whole Milk	Grapes Whole Milk
	Cream of Wheat			*Croissant w/ c.cheese
JANUARY 30,2017	JANUARY 31,2017			
WAFFLE STICKS WITH SYRUP	BAGEL WITH CREAM CHEESE			
Pre-school Close Cantalupe Whole Milk	Bananas Whole Milk			



Eira-Eggs=Toddler b=1/Room # 208=1/ Milk- Toddler b=1/ .Cheese-Toddler b=1.

RUTGERS ELRA/Lunch Menu/JANUARY/2017

	TUESDAY	WEDNESDAY	Thursday	Friday
	1/3/16	1/4/16	1/5/16	1/6/16
	Beef Quesadilla on a Whole Grain Tortilla Featured Sides: Roasted Zuchini Applesauce Cup Milk	Ravioli with Ground Beef Featured Sides: Steamed Green Beans Orange Milk	BBQ Chicken Sandwich Featured Sides: Sauteed Broccoli Applesauce Cup Milk	Salisbury Steak on a Whole Grain Roll Featured Sides: Sauteed Spinach Apple Milk
	Quesadilla with no cheese	Pasta with Ground Beef		
Monday	Tuesday	Wednesday	Thursday	Friday
1/9/16	12/6/16	12/7/16	12/8/16	12/9/16
RICE&CHICKEN W/ BEANS Featured Sides: Steamed Broccoli Applesauce Cup Milk	SPAGHETTI W/ MEAT SAUCE Featured Sides: Steamed Corn Orange Milk	Philly Cheesesteak on a WG Roll Featured Sides: Mixed Veggies Banana Milk	Beef Meatloaf Featured Sides: Mashed Potatoes Orange Milk	Cheese Pizza Featured Sides: Tomato Salad Pineapple Tidbits Milk
		Philly Steak with no Cheese		HAMBURGER/WG ROLL
Monday	Wednesday	WG-Whole Grain		Friday
1/16/16	1/17/16	1/18/16	1/19/16	1/20/16
NO SCHOOL MARTIN.L.KING	Meatball Sandwich on a Whole Grain Roll Featured Sides: Celery Sticks Applesauce Cup Milk	Popcorn Chicken with a Whole Grain Roll Featured Sides: Steamed Corn Banana Milk	Salisbury Steak on a Whole Grain Roll Featured Sides: Sauteed Spinach Apple Milk	Hamburger Slider on a Whole Grain Roll Featured Sides: Baked Fries Apple Milk
Monday	Tuesday	Wednesday	Thursday	Friday
1/23/2016	1/24/2016	1/25/2016	1/26/2016	1/27/2016
CHICKEN NUGGETS Mashed Potatoes Featured Sides: Mixed Green Salad Orange Milk	Vegetable Rice with Chicken Featured Sides: Steamed Green Beans Apple Milk	Vegetable Rice with Chicken Featured Sides: Mixed Green Salad Apple Milk	Beef Mac on a Whole Grain Roll Featured Sides: Vegetarian Baked Beans Orange Milk	Meatball Sandwich on a Whole Grain Roll Featured Sides: Roasted Broccoli Applesauce Cup Milk
			Beef Macaroni	
Monday	Tuesday	Wednesday	Thursday	Friday
1/30/16	1/31/16			
Beef Meatloaf Featured Sides: Mashed Potatoes Orange Milk	Popcorn Chicken with a Whole Grain Roll Featured Sides: Steamed Corn Banana Milk			

Infant/Toddler A Recieves Whole Milk

Toddler B and Pre-K Recieves 1% Milk



ELRA VEGETARIAN MENU' January 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-OCT	3-JAN	4-JAN	5-JAN	6-JAN
VEGGIE BURGER SANDWICH	PENNE PASTA W/ BROCCOLI	BLACK BEAN TOSTADA	SPAGHETTIW/ZUCCHINI & TOMATO SAUCE	PRE-SCHOOL TRIP BAG LUNCHES
FEATURED VEGGIES: SAUTEE' BROCCOLI	FEATURED VEGGIES: SLICED CARROTS	FEATURED VEGGIES: OVEN BAKE FRIES	FEATURED VEGGIES: MIX-GREEN SALAD	FEATURED VEGGIES: BAG CARROTS
CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK
9-JAN	10-JAN	11-JAN	12-JAN	13-JAN
CALZONE W/ SAUCE	VEGGIE BURGER SANDWICH	MAC & CHEESE	VEGETABLE MINISTRONE GARLIC BREAD	RAVIOLI CREAM SAUCE W/ PARMESAN CHEESE
FEATURED VEGGIES: SAUTEE' SPINACH	FEATURED VEGGIES: STEAMED CORN	FEATURED VEGGIES: MIXED GREEN SALAD	FEATURED VEGGIES: WHITE BEANS	FEATURED VEGGIES: ROMAINE SALAD
CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK
16-JAN	17-JAN	18-JAN	19-JAN	20-JAN
BLAK BEANS SOUP	VEGGIE BURGER SANDWICH	VEGETABLE LASAGNA	OVEN BAKE TOFU'	NO SCHOOL
FEATURED VEGGIES: SAUTEE' GREN BEANS	FEATURED VEGGIES: STEAMED CARROTS	FEATURED VEGGIES: OVEN BAKE POTATO	FEATURED VEGGIES: MIX GREEN SALAD	
CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	
23-JAN	24-JAN	25-JAN	26-JAN	27-JAN
VEGGIE QUESADILLAS	BOW-TIE PASTA PARMESAN CHEESE	VEGGIE BURGER SANDWICH	BOW-TIE PASTA W/ FRESH PARMIGIANO	PIZZA MARGHERITA
FEATURED VEGGIES: TOMATOES SALAD	FEATURED VEGGIES: SAUTEE' COLIFLOWER	FEATURED VEGGIES: BAG CARROTS	FEATURED VEGGIES: SAUTEE' BRUSSELS SPROUT	FEATURED VEGGIES:
CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK
30-JAN	31-JAN	28-SEP	29-SEP	30-SEP
VEGETABLE LASAGNA	VEGGIE BURGER SANDWICH	PENNE PASTA W/ ZUCCHINE SAUCE	MAC & CHEESE	OVEN BAKE TOFU'
FEATURED VEGGIES: OVEN BAKE FRIES	FEATURED VEGGIES: SAUTEE' GREN BEANS	FEATURED VEGGIES: SAUTEE SPINACH	FEATURED VEGGIES: MIX-GREEN SALAD	FEATURED VEGGIES: STEAMED CORN
CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK	CHOICE OF FRUIT CHOICE OF MILK

What is a Meal?
 You must choose at least 3 of 5 components available for the school lunch price. Meat or meat alternate, choice of vegetable, choice of fruit, grain/ bread and choice of milk (1% White, Fat Free Chocolate, Fat Free White, Fat Free Vanilla, Fat Free Strawberry).
A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup vegetable MUST accompany a reimbursable lunch!

Weekly Vegetable Subgroups May Include:
 Dark green (spinach, broccoli, romaine, spring salad), red/orange (carrots, sweet potatoes, tomatoes, red peppers), beans/peas (legumes), and starchy (white potatoes, corn, peas, lima beans). Other vegetables will include celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage, green peppers.

Daily Fruit Selections May Include:
 Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Mellon, Strawberries, Applesauce, Pineapple, and Mandarin Oranges.

DAILY ENTRÉE OPTIONS MAY INCLUDE:

- Cheese Burger on a Bun
- Whole Grain Chicken Patty on a Bun
- Chicken Salad
- Chopped Garden Salad
- Crispy Chicken Wrap
- Spicy Chicken Wrap
- Ham & Cheese Wrap

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Food&Nutrition Service
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LEAP Academy University Charter

Snack Menu- january-2017

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3-JAN	4-JAN	5-JAN	6-JAN
Blueberry Muffins	Strawberry Bar	MANDARINE ORANGE CUP	Blueberry Bar	Oatmeal Bar
FRUIT PUNCH	GRAPE JUICE	CRANBERRY JUICE	GRAPE JUICE	APPLE JUICE
9-JAN	10-JAN	11-Jan	12-JAN	13-JAN
	CHOCOLATE CHIP CHEWY GRANOLA BAR	Goldfish Crackers	Strawberry Bar	100 Cal Chips Ahoy Juice
Animal Crackers	GRAPE JUICE	APPLE JUICE	GRAPE JUICE	CRANBERRY JUICE
FRUIT PUNCH				
16-JAN	17-JAN	18-JAN	19-JAN	20-JAN
MARTIN.L.KING.DAY SCHOOL CLOSE	CINNAMON CRISP	APPLE-SAUCE CUP	Graham Crackers	OAT-MEAL RAISINS
	APPLE JUICE	APPLE JUICE	CRANBERRY JUICE	CRANBERRY JUICE
23-JAN	24-JAN	25-JAN	26-JAN	27-JAN
Apple Cinnamon Bar	HERTZELS PRETZEL	Goldfish Crackers		
APPLE JUICE	CRANBERRY JUICE	CRANBERRY JUICE	NO SCHOOL THANKSGIVING	NO SCHOOL THANKSGIVING
30-JAN	31-JAN			
OatMeal Bar	APPLE NUTRIGRAIN			
APPLE JUICE	GRAPE JUICE			