






January 2012 Staff a la Carte Menu Elementary Schools



Monday January 2	Tuesday January 3	Wednesday January 4	Thursday January 5	Friday January 6
	BBQ Chicken Special Promo \$3.75 300 calories	Chipotle Chicken w/Rice & Vegetables \$2.75 249 calories	Chicken Caesar Salad \$4.00 334 calories	Taco Salad \$4.00 442 calories
	Taco Cheese Puff \$2.50 478 calories	Baked Potato w/Broccoli & Cheese \$2.50 427 calories	Tuna Stuffed Tomato \$2.50 141 calories	Fruit & Cheese Smart Snack \$2.50 317 calories
	Soup of the Day \$1.25 75-243 calories	Soup of the Day \$1.25 75-243 calories	Fresh Veggie Sticks w/Ranch Dip \$2.50 118 calories	Small Tossed Salad w/Dressing \$1.75 59 calories
January 9	January 10	January 11	January 12	January 13
Asian Chicken w/Rice & Vegetables \$2.75 357 calories	BBQ Chicken Special Promo \$3.75 300 calories	Chicken Caesar Salad \$4.00 334 calories	Chef's Salad w/Tuna \$4.00 360 calories	Southwest Turkey Chef Salad \$4.00 257 calories
Baked Potato w/Broccoli & Cheese \$2.50 427 calories	Tuna Melt \$2.50 317 calories	Grilled Cheese & Tomato on Rye \$2.50 300 calories	Turkey Club Sandwich \$3.25 458 calories	Egg Salad Sandwich on Rye \$2.25 278 calories
Soup of the Day \$1.25 75-243 calories	Soup of the Day \$1.25 75-243 calories	Small Tossed Salad w/Dressing \$1.75 59 calories	Small Spinach Salad w/Dressing \$1.75 119 calories	Fruit & Cheese Smart Snack \$2.50 317 calories
January 16	January 17	January 18	January 19	January 20
	BBQ Chicken Special Promo \$3.75 300 calories	Chicken Parmesan w/Pasta \$2.75 464 calories	Southwest Turkey Chef Salad \$4.00 257 calories	Chicken Caesar Salad \$4.00 334 calories
	Baked Potato w/Chili & Cheese \$2.50 314 calories	Broccoli Cheese Puff \$2.50 375 calories	Grilled Cheese & Tomato on Rye \$2.50 300 calories	Turkey Club Sandwich \$3.25 458 calories
	Soup of the Day \$1.25 75-243 calories	Soup of the Day \$1.25 75-243 calories	Fresh Veggie Sticks w/Ranch Dip \$2.50 118 calories	Small Spinach Salad w/Dressing \$1.75 119 calories
January 23	January 24	January 25	January 26	January 27
	BBQ Chicken Special Promo \$3.75 300 calories	Chipotle Chicken w/Rice & Vegetables \$2.75 249 calories	Chicken Caesar Salad \$4.00 334 calories	Taco Salad \$4.00 442 calories
	Taco Cheese Puff \$2.50 478 calories	Baked Potato w/Broccoli & Cheese \$2.50 427 calories	Tuna Stuffed Tomato \$2.50 141 calories	Fruit & Cheese Smart Snack \$2.50 317 calories
	Soup of the Day \$1.25 75-243 calories	Soup of the Day \$1.25 75-243 calories	Fresh Veggie Sticks w/Ranch Dip \$2.50 118 calories	Small Tossed Salad w/Dressing \$1.75 59 calories
January 30	January 31	 		
Asian Chicken w/Rice & Vegetables \$2.75 357 calories	BBQ Chicken Special Promo \$3.75 300 calories			
Baked Potato w/Broccoli & Cheese \$2.50 427 calories	Tuna Melt \$2.50 317 calories			
Soup of the Day \$1.25 75-243 calories	Soup of the Day \$1.25 75-243 calories			