



**BMRSD Elementary Menu**  
Our Menus Meet the Requirements of the HUSSchool Challenge

**January 2012**



<b>2</b>	<b>3 Lucky Tray Day</b>	<b>4</b>	<b>5</b>	<b>6</b>
HAPPY NEW YEAR  2012	Macaroni & Cheese Warm Soft Pretzel Veggie Cups w/Broccoli and Ranch Dip Peach Cup	Macho Nachos Beef & Cheese Brown Rice Black Beans Lettuce & Salsa Fresh Apple	Chocolate Chip Pancakes Scrambled Eggs Syrup Baby Carrots Orange Juice	Whole Wheat Pizza Plain & Pepperoni Carrot & Celery Sticks Low Fat Ranch Dip Peaches
<b>9</b>	<b>10- Pudding Day</b>	<b>11</b>	<b>12</b>	<b>13</b>
Toasted Cheese on Whole Wheat Home made Turkey Soup Apple Crisp	Popcorn Chicken Wheat Dinner Roll Mashed Potato Gravy & Carrots Orange Smiles	Rotini - Marinara Meatballs WW Garlic Bread Caesar Salad Sliced Strawberries	WW French Toast Ham Slices Warm Syrup Hash Browns Banana	PD Day No School
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
MLK Birthday No School	Shepherd's Pie Mashed Potato Corn Chocolate Chip Muffin Mixed Fruit	Giant Taco Beef & Cheese Lettuce & Salsa Brown Rice Kidney Beans Orange Smiles	Belgium Waffle Sticks Yogurt Cup Warm Syrup Baby Carrots Strawberries	French Bread Pizza Plain & Pepperoni Caesar Salad Three Bean Salad Apple
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Meatballs on A Sub Roll Veggie Pasta Salad	Pasta Shells Chicken Alfredo Broccoli Garlic Bread Peaches	Sloppy Joe on a Bun French Fries Apple	Maple Burst Mini Pancakes Cheese Cubes Baby Carrots Juice	Whole Wheat Pizza Plain & Pepperoni Carrot & Celery Sticks Low Fat Ranch Dip Mixed Fruit
<b>30</b>	<b>31 - Cookie Day</b>	<b>Parents, If you want to check on what your child is eating for lunch or the balance on their account- you must set up an account at <a href="http://www.mynutrikids.com">www.mynutrikids.com</a></b> <b>Whether you pay cash or use the on-line pre-pay feature setting up an account will give you the info you want!</b>		
Blackstone Sampler Chicken Strip, Mozzarella Stick, Nacho's w/ Cheese Marinara Dipping Sauce Mixed Fruit	Baked Ziti W/ Beef & Mozzarella Bread Stick Caesar Salad Pear			

**Supersizing Here ! All of our meals meet USDA Guidelines for Nutrient Standards & Portion S**

**Daily Alternatives**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Chicken Nuggets &amp; Roll</b>	<b>Assorted Pizza</b>	<b>Chicken Patty Sandwich</b>	<b>Turkey Pinwheel</b>	<b>Hot Dog on a Bun</b>
<b>Cereal Fun Lunch</b> Cereal, String Cheese, Giant Goldfish Cracker <b>Fruit of the Day</b>	<b>Bug Bite Fun Lunch</b> Yogurt, Sunflower Seeds, Veggies, Bug Bites & Raisins <b>Fruit of the Day</b>	<b>Veggie Bagel Fun Lunch</b> Mini Bagel, Cream Cheese, Sunbutter & Assorted Veggies <b>Fruit of the Day</b>	<b>Chicken Caesar Salad</b> Chicken Chunks Romaine, Pita Pocket <b>Fruit of the Day</b>	<b>Ham &amp; Cheese Sandwich</b> on <b>Wheat Roll</b> Lettuce Pickles, Fruit & Goldfish <b>Fruit of the Day</b>
<b>Student Lunch Price \$2.25-Reduced Price Lunch \$.40 Menu Subject to Change w/out Notice</b> <b>All meals served with a choice of milk, fruit, vegetable &amp; bread alternative</b> indicates made with whole grains. We strive to use local produce as available.				<b>HUSSC Approved Snacks:</b> Reduced Fat Cookie .25 Snacks- .25 & .60  Water .75 & .50
<b>Menu questions or comments? Please Contact:</b> <b>Jeanne Sheridan 508-876-0193 op 4 or <a href="mailto:jsheridan@bmrds.net">jsheridan@bmrds.net</a></b>				



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