





# Samsel Upper Elementary School Cafe

## JANUARY 2012

### National Book Month



Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 Chicken Nuggets Steamed Vegetables Dinner Roll Chilled Fruit Cup	4 French Toast sticks with Sausage 100% Fruit juice Chilled Fruit Cup	5 Cheese Steak Sandwich Oven Fries Chilled Fruit Cup	6 Pepperoni Pizzas With Marinara Dipping Sauce Veggie Strips Chilled Fruit Cup
9 Chicken Patty On a Bun Tater Tots Chilled Fruit Cup	10 Pasta W Meat Sauce Tossed Salad Italian Bread Chilled Fruit Cup	11 California Burger on a Bun Steamed Vegetables Chilled Fruit Cup	12 Hot Dog on a Bun Curly fries Chilled Fruit Cup	13 Mozzarella Stix With Marinara Dipping Sauce Veggie Strips Chilled Fruit Cup
16  <b>NO SCHOOL</b>	17 Papa John's Pizza Tossed Salad Chilled Fruit Cup	18 Chicken Nuggets Tater Tots Dinner Roll Chilled Fruit Cup	19 BBQ Rib Sandwich Oven Fries Chilled Fruit Cup	20 Grilled Cheese Sandwich w Soup Veggie Strips Chilled Fruit Cup
23 Chicken Patty On a Bun Oven Potatoes Chilled Fruit Cup	24 Top Your Own Burger on a Bun Potato Wedges Chilled Fruit Cup	25 Chicken Fajitas W Soft Tortillas Peppers + Onions Shredded Cheese + Lettuce Chilled Fruit Cup	26 Ham + Cheese Melt on a Pretzel Bun Curly fries Chilled Fruit Cup	27 Stuffed Crust Pizza Veggie Strips Chilled Fruit Cup
30 Crispy Chicken Nuggets Oven Fries Dinner Roll Chilled Fruit Cup	31 Nacho Tacos W Meat Shredded Cheese + Lettuce Corn Chilled Fruit Cup	<p><u>January 1 - HAPPY NEW YEAR</u>  <u>January 3 - WELCOME BACK</u>  <u>January 16 - NO SCHOOL</u>  <u>January 23 - CHINESE NEW YEAR</u></p>		

## AVAILABLE DAILY

### COOL STATION

Deli, Tuna, Turkey Subs  
Smuckers



### YOGURT PLATTERS

Yogurt, String Cheese  
Various Fruit, Crackers

### BAGEL BAG

Bagels, Cream Cheese  
String Cheese, Peanut Butter  
Butter



### PIZZA SERVED DAILY

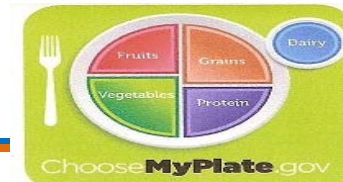
### Variety of Low-Fat Milk

1% Chocolate, 1% Strawberry, 1% White, and Skim

### 100% Juices

Apple, Grape, Orange

### Seasonal Fresh Fruit + Bread Basket



Choose **MyPlate**.gov

Choice of one entrée - Hot or Cold  
Choice of two sides - Fruit / Vegetable  
Choice of Low-Fat Milk

*A lunch must include a minimum of three groups.*

*If less than three are selected,  
you will be charged ala carte.*



Full Lunch Price = \$2.75  
Reduced Lunch Price = \$ .40  
Milk = \$ .50

Lunches maybe Pre-paid  
Menu Subject to Change