



SIMPLY GOOD

Monroe Elementary Schools Menu

January 2017

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>New Year Holiday No School</p>	<p>Welcome Back! Teriyaki Beef Nuggets with Steamed Brown Rice or Crispy Chicken on WG Bun or Deli Choices Roasted Carrot "Fries" Fruit & Veggie Bar, Milk <i>Ham, Egg & Cheese on English Muffin</i></p>	<p>Pepperoni & Cheese Pizza Sticks with Marinara Sauce or Cheese Pizza on WG Crust (V) or Deli Choices Warm Baked Apple Slices Fruit & Veggie Bar, Milk WG French Toast Sticks</p>	<p>Macaroni & Cheese (V) or Baked Chicken Nuggets or Deli Choices Lemon Garlic Broccoli Fruit & Veggie Bar, Milk Sausage Egg & Cheese Biscuit</p>	<p>Friday Favorites Mashed Potato and Chicken Bowl or Cheeseburger on WG Bun or Deli Choices Chilled Apricots Fruit & Veggie Bar, Milk Warm WG Cinnamon Roll</p>
<p>Fiesta! Turkey Macho Nachos or Bean & Cheese Burrito (V) or Deli Choices Orange Juice Cup Fruit & Veggie Bar, Milk <i>Pancake & Sausage on a Stick</i></p>	<p>Lucky Tray Day Sweet & Sour Chicken with Steamed Brown Rice or Crispy Chicken on WG Bun or Deli Choices Seasoned Peas & Carrots Fruit & Veggie Bar, Milk <i>Ham, Egg & Cheese on English Muffin</i></p>	<p>Chicken Bacon Ranch Pizza on Whole Grain Crust Cheese Pizza on WG Crust (V) or Deli Choices Applesauce Fruit & Veggie Bar, Milk WG French Toast Sticks</p>	<p>Whole Grain Rotini Pasta with Italian Meat Sauce Baked Chicken Nuggets or Deli Choices Whole Grain Toasted Garlic Bread Fruit & Veggie Bar, Milk Sausage Egg & Cheese Biscuit</p>	<p>Fish Friday! Fish Nuggets with Cheesy WG Breadstick or Cheeseburger on WG Bun or Deli Choices Seasoned Corn & Carrots Fruit & Veggie Bar, Milk Warm WG Cinnamon Roll</p>
<p>Martin Luther King Day No School</p>	<p>Favorites! WG Turkey Corndog or Crispy Chicken on WG Bun or Deli Choices Tasty Tater Tots Fruit & Veggie Bar, Milk <i>Ham, Egg & Cheese on English Muffin</i></p>	<p>Pepperoni & Cheese Pizza Sticks with Marinara Sauce or Cheese Pizza on WG Crust (V) or Deli Choices Fresh Caesar Salad Fruit & Veggie Bar, Milk WG French Toast Sticks</p>	<p>Hot Ham and Cheese on Pretzel Bun or Baked Chicken Nuggets or Deli Choices Boston Baked Beans Fruit & Veggie Bar, Milk Sausage Egg & Cheese Biscuit</p>	<p>Sandwich Choices! Crispy Fish Sandwich or Cheeseburger on WG Bun or Deli Choices Seasoned Corn Fruit & Veggie Bar, Milk Warm WG Cinnamon Roll</p>
<p>Soup Day Turkey Hot Dog on a Bun or Toasted Cheese Sandwich (V) or Deli Choices Homemade Vegetable Soup Fruit & Veggie Bar, Milk <i>Pancake & Sausage on a Stick</i></p>	<p>Teriyaki Chicken with Steamed Brown Rice or Crispy Chicken on WG Bun or Deli Choices Sweet & Spicy Green Beans Fruit & Veggie Bar, Milk <i>Ham, Egg & Cheese on English Muffin</i></p>	<p>Hawaiian Pizza on Whole Grain Crust Cheese Pizza on WG Crust (V) or Deli Choices Seasoned Swiss Chard Fruit & Veggie Bar, Milk WG French Toast Sticks</p>	<p>YUMMY! Meatballs in Zesty Marinara or Baked Chicken Nuggets or Deli Choices Mashed Potatoes Fruit & Veggie Bar, Milk Sausage Egg & Cheese Biscuit</p>	<p>BBQ Rib-B-Q Sandwich or Cheeseburger on WG Bun or Deli Choices Baked Crinkle Fries Fruit & Veggie Bar, Milk Warm WG Cinnamon Roll</p>
<p>Turkey Macho Nachos or Bean & Cheese Burrito (V) or Deli Choices Orange Juice Cup Fruit & Veggie Bar, Milk <i>Pancake & Sausage on a Stick</i></p>	<p>WOK THIS WAY Teriyaki Beef Nuggets with Steamed Brown Rice or Crispy Chicken on WG Bun or Deli Choices Seasoned Peas & Carrots Fruit & Veggie Bar, Milk <i>Ham, Egg & Cheese on English Muffin</i></p>	<p>download our free Nutrislice App</p> <p>Get school menus on your smartphone and helpful information about what's being served at school.</p> <p>Available on the Google play and App Store</p>		
<p>Featured Daily Deli Choices-All Salads Offered With Whole Grain Breadstick & Homemade Croutons</p>				
Turkey & Cheese Sandwich Grilled Chicken Caesar Salad Sunbutter & Jelly on WG Bread (V)	Ham & Cheese Sandwich Turkey Ham & Turkey Chef Salad Apple Cinn. Muffin Fun Lunch (V)	Chicken Ranch Wrap Grilled Chicken Caesar Salad Pretzel, Sunbutter & Cheese Fun Lunch	Ham & Cheese Sandwich Turkey Ham & Turkey Chef Salad Bagel, Yogurt & String Cheese (V)	Turkey & Cheese Sandwich Grilled Chicken Caesar Salad Sunbutter & Jelly on WG Bread (V)

Breakfast Prices: \$1.85 paid, \$.00 reduced*, \$.00 free*, \$2.40 Adults, **Lunch Prices:** \$3.00 paid, \$0.40 reduced*, \$.00 free*, \$4.25 Adults

All meals come with a visit to our fresh fruit & veggie bar which features a variety of fresh produce including locally-grown when available. Students must take 1/2 cup fruit or vegetable with each breakfast or lunch meal per Federal Regulations.

Assorted cereal with toast or banana-chocolate chunk bar or fruit & yogurt parfait with homemade granola or oatmeal available daily for breakfast.

All meals are offered with choice of 1% white or non-fat chocolate milk. All grain options are whole grain rich.



Now featuring local, farm-fresh, organic produce when in season.



You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program you can call the food service office at (360) 804-2599.

View Your School's Menu at www.monroschools.nutrislice.com