



Storm Lake School Classic Cafe Lunch Menu



January
2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>JANUARY HARVEST OF THE MONTH</p> <p>Clementine Carrot</p>		<p><i>Free & Reduced-meal forms can be obtained from all building offices at any time throughout the school year.</i></p>	<p>Fresh vegetables plus fresh and canned fruits are available daily with lunch from the Fruit & Vegetable Bar.</p>	<p>1</p> <p>HAPPY NEW YEAR</p>
4	5	6	7	8
No School	Breakfast Sandwich Whole Grain Cheese Pizza Caesar Salad	Pancake on a stick Baked Teriyaki Chicken Legs Fried Rice Oriental Blend Vegetables Multi Grain Dinner Roll	Breakfast Pizza Beef & Cheese Quesadilla Salsa & Sour Cream Black Beans & Rice	Cereal Muffin Chicken Gravy Biscuits Green beans
	Alternative Entrées Salad Bar Chicken Salad Pita	Alternative Entrées Salad Bar Cheese & Veggie Hoagie	Alternative Entrées Salad Bar Roast Beef Stacker	Alternative Entrées Salad Bar Yogurt Pak
11	12	13	14	15
Cereal Toast Chicken Patty Whole Wheat Bun Sweet Potato Fries Vegetable Blend	Breakfast Sandwich Mexican Lasagna Italian Vegetables Garlic Toast	Pancake on a stick Crispito Spanish Rice Refried Beans Flour Tortilla	Breakfast Pizza <u>Hot Open-Faced Turkey Sandwich</u> Mashed Potatoes and Gravy Sandwich	Cereal Muffin Beefy Nachos with Cheese Sauce Mexican Corn
Alternative Entrées Salad Bar Ham & Cheese Pinwheel	Alternative Entrées Salad Bar Turkey Sub	Alternative Entrées Salad Bar Slider Combo	Alternative Entrées Salad Bar Turkey BLT Wrap	Alternative Entrées Salad Bar Yogurt Pak
18	19	20	21	22
No School	Breakfast Sandwich Ham Steak Scalloped Potatoes Broccoli	Pancake on a stick Chicken Parmesan over Whole Grain Pasta California Blend Whole Wheat Dinner Roll	Breakfast Pizza Swirl French Toast Sausage Patty Hashbrown Patty	Cereal Muffin Tso's Chicken Brown Rice Fortune Cookie
	Alternative Entrées Salad Bar Turkey Sub	Alternative Entrées Salad Bar Slider Combo	Alternative Entrées Salad Bar Turkey BLT Wrap	Alternative Entrées Salad Bar Yogurt Pak
25	26	27	28	29
Cereal Toast Hamburger with Cheese on Wheat Bun Lettuce & Tomatoes Oven Fries	Breakfast Sandwich Cheese Bread with Marinara Sauce Tossed Italian Salad	Pancake on a stick Salisbury Steak with Mushroom Gravy Mashed Potatoes Peas & Carrots	Breakfast Pizza Chicken Alfredo Pasta Green Beans Garlic Bread Stick	Cereal Muffin Parmesan Crusted Fish Filet Parsley Potatoes Vegetable Medley Wheat Dinner Roll Frozen Treat
Alternative Entrées Salad Bar Italian Sub	Alternative Entrées Salad Bar Chicken Salad Pita	Alternative Entrées Salad Bar Cheese & Veggie Hoagie	Alternative Entrées Salad Bar Roast Beef Stacker	Alternative Entrées Craving Chicken Salad Yogurt Pak

- Prepared From Scratch
- Contains Pork
- Vegetarian Entrée
- Harvest of the Month

FOOD 4 THOUGHTS

Succeeding at Your New Year's Resolution
Change is difficult. So if we want to be successful, focus your efforts on one item at a time. From the list of possible improvements you want to make, pick one that you feel is going to be the easiest for you to achieve. Work on that for a week or two until you feel you have mastered that change. Now you are ready for the next change. Having success is making one positive change at a time.

BREAKFAST/LUNCH PRICES

Elementary	\$1.45
Secondary	\$1.50
Reduced	\$3.00/\$4.00
Additional Milk	\$0.30
Adult Lunch	\$2.25
Extra Entrée	\$0.75
Another Price	
Another Price	

Menus subject to change without notice.

Milk Choice of 1%, Skim and 1% Chocolate are included with Lunch

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To check the balance in your account or for additional information, contact:
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