



**Island Park Union Free School District**  
**LINCOLN ORENS - PRE K**  
 Lunch Menu **JANUARY 2019**



| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
|   | 1-Jan   | 2-Jan   | 3-Jan  | 4-Jan   |
|   |   | <b>Turkey Taco</b><br>WG Tostito Scoops<br>Black Beans<br>Shredded Cheese<br>Fresh Fruit<br>(S,W,M)     | Fresh Made<br><b>Cheese Pizza</b><br>Spinach Salad<br>Fruit Juice<br>(S,W,M)           | Breaded<br><b>Mozzarella Sticks</b><br>with Marinara Sauce<br>Green Beans<br>Fresh Fruit<br>(W,M) |
| 7-Jan   | 8-Jan   | 9-Jan   | 10-Jan   | 11-Jan  |
| Home Made<br><b>Macaroni &amp; Cheese</b><br>Broccoli Florets<br>Fresh Fruit<br>(M,W)               | <b>Meatballs</b><br>with Brown Sauce<br>Penne Pasta<br>Green Beans<br>Fresh Fruit<br>(E,W,S,M)        | Seasoned<br><b>Diced Chicken</b><br>Sweet Potato Fries<br>Vegetarian Beans<br>Fresh Fruit<br>(- -)      | Fresh Made<br><b>Cheese Pizza</b><br>Tomato & Cucumber Salad<br>Fruit Juice<br>(S,W,M) | <b>Hamburger</b><br>on a Bun<br>Crinkle Cut French Fries<br>Pickle Chips<br>Fresh Fruit<br>(S,W)  |
| 14-Jan  | 15-Jan  | 16-Jan  | 17-Jan   | 18-Jan  |
| <b>Turkey Taco</b><br>WG Tostito Scoops<br>Black Beans<br>Shredded Cheese<br>Fresh Fruit<br>(S,W,M) | Grilled<br><b>American Cheese</b><br>Three Bean Salad<br>Fresh Fruit<br>(S,W,M)                       | Brunch For Lunch<br><b>Waffles</b><br>Mozzarella Cheese Stick<br>Potato Puffs<br>Apple Sauce<br>(S,W,E) | Fresh Made<br><b>Cheese Pizza</b><br>Tossed Green Salad<br>Fruit Juice<br>(S,W,M)      | <b>Chicken Tenders</b><br>Crinkle Cut French Fries<br>Broccoli Florets<br>Fresh Fruit<br>(S,W)    |
| 21-Jan  | 22-Jan  | 23-Jan  | 24-Jan   | 25-Jan  |
|   | <b>Chicken Patty</b><br>on a Bun<br>Crinkle Cut French Fries<br>Kernel Corn<br>Fresh Fruit<br>(S,W,M) | Breaded<br><b>Mozzarella Sticks</b><br>with Marinara Sauce<br>Green Beans<br>Fresh Fruit<br>(W,M)       | Fresh Made<br><b>Cheese Pizza</b><br>Spinach Salad<br>Fruit Juice<br>(S,W,M)           | <b>Chicken Strips</b><br>Seasoned Rice<br>Sliced Carrot<br>Fresh Fruit<br>(-- )                   |
| 28-Jan  | 29-Jan  | 30-Jan  | 31-Jan   |   |
| Brunch For Lunch<br><b>French Toast Stick</b><br>Sausage<br>Apple Sauce<br>(S,W,E)                  | Grilled<br><b>American Cheese</b><br>Potato Spudsters<br>Kernel Corn<br>Fresh Fruit<br>(S,W,M)        | <b>Popcorn Chicken</b><br>Crinkle Cut French Fries<br>Broccoli<br>Fresh Fruit<br>(S,W)                  | Fresh Made<br><b>Cheese Pizza</b><br>Tossed Green Salad<br>Fruit Juice<br>(S,W,M)      |   |

**ALL MEALS SERVED WITH ORGANIC WHOLE MILK AND 100% PURE ORANGE JUICE FOR BREAKFAST**

**Pre K Breakfast**

| MONDAY  | TUESDAY  | WEDNESDAY                                   | THURSDAY                                 | FRIDAY   |
|---|--|---|--|--|
| Cereal<br>Juice<br>Milk                           | Pancakes<br>Mozzarella Cheese Stick<br>Juice<br>Milk | Cereal<br>Juice<br>Milk                     | French Toast<br>Sausage<br>Juice<br>Milk | Mini Bagel<br>Mozzarella Cheese Stick<br>Juice<br>Milk |
| <b>Snacks Will Be Offered Daily</b>               |  |   |  |  |
| Graham Scooby Doo Bones<br><br>Rice Krispy Treats | Pretzel Goldfish<br><br>Chocolate Chip Cookie        | Black and White Cookie<br><br>Plain Raisins | Fresh Fruit<br><br>Sun Chips             |  |

Menu key references for specific **Allergens**: M-milk SF-seafood P-peanut E-egg T-treenut S-soybean F-fish W-wheat

*Menu subject to change without notice*

*This institution is an equal opportunity provider and employer*

