



Island Park Union Free School District
 FX HEGARTY ELEMENTARY SCHOOL
 Lunch Menu JANUARY 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1-Jan	2-Jan	3-Jan	4-Jan
		Chicken Nuggets Sweet Potato Fries Kernel Corn Fresh Fruit USA Mixed Fruit (S,W)	Hamburger on a Bun Crinkle Cut French Fries Carrot Coins, Pickle Chips Fresh Fruit, Diced Pears (S,W)	Fresh Made Pizza Tossed Green Salad Fruit Punch Fresh Fruit USA Apple Sauce (S,W,M)
7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
Turkey Taco WG Tostito Chips Black Beans Salsa Shredded Cheese Fresh Fruit USA Diced Peaches (S,W,M)	Jr. Meatball Hero Marinara Sauce Shredded Mozzarella Cheese Green Beans Fresh Fruit USA Apple Sauce (S,W)	Diced Chicken Buttered Pasta Vegetarian Beans Fresh Fruit USA Mixed Fruit (W)	Homemade Macaroni & Cheese Broccoli Florets Italian Bread Fresh Fruit USA Diced Pears (M,W)	Fresh Made Pizza Spinach Salad Fruit Punch Fresh Fruit USA Apple Sauce (S,W,M)
14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
Chicken Patty on a Bun Crinkle Cut Fries Green Beans Fresh Fruit USA Diced Peaches (S,W,M)	Penne Pasta Meat Sauce Steamed Zucchini Fresh Fruit USA Apple Sauce (W,S)	Chicken Tenders Seasoned Rice Carrot Coins Fresh Fruit USA Mixed Fruit (S,W,M)	Brunch for Lunch French Toast Sticks Mozzarella Cheese Stick Potato Puffs Fresh Fruit USA Diced Pears (S,W,E)	
21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
	Chicken Strips Seasoned Rice Kernel Corn Fresh Fruit USA Apple Sauce (S,W)	Chicken Nuggets Sweet Potato Fries Green Beans Fresh Fruit USA Mixed Fruit (S,W)	Breaded Mozzarella Sticks with Marinara Sauce Broccoli Florets Fresh Fruit, USA Diced Pears (W,M)	Fresh Made Pizza Tossed Green Salad Apple Juice Fresh Fruit USA Apple Sauce (S,W,M)
28-Jan	29-Jan	30-Jan	31-Jan	
Fajita Chicken Tortilla Wrap Vegetarian Beans Shredded Cheese Fresh Fruit USA Diced Peaches (W,S,M)	Penne Pasta with Marinara Sauce Kernel Corn Fresh Fruit USA Apple Sauce (W,S)	Chicken Tenders Seasoned Rice Broccoli Florets Fresh Fruit USA Mixed Fruit (S,W,M)	Turkey Taco WG Tostito Chips Black Beans Salsa Shredded Cheese Fresh Fruit, USA Diced Pears (S,W,M)	

FREE AND REDUCED LUNCHES AVAILABLE WITH AN APPROVED APPLICATION

All Meals Served with a Choice of 1% LowFat ,Fat Free and Fat Free Flavored Milks

Prices



Lunch of the Day	\$2.75	10 prepaid meals	\$27.50
		20 prepaid meals	\$55.00
Reduced Lunch	\$0.25	10 prepaid meals	\$2.50
		20 prepaid meals	\$5.00



A Complete Meal Includes

Whole Grain Bread/Grain, Meat/Meat Alternative, Choice of Vegetable, Choice of Fruit
 A minimum of three must be chosen, One must be a fruit or vegetable

SANDWICHES WILL BE AVAILABLE MONDAY, TUESDAY, THURSDAY AND FRIDAY ONLY

Turkey , PB&Jelly ,Bologna ,Cheese ,Ham ,Egg Salad ,Salami Sandwiches are served on a choice of White ,Wheat ,or Rye

Salads will be available on Wednesdays

Fresh Garden Salad comes with a choice of a scoop of Tuna or Egg Salad

Chef Salad comes with a choice of Meat and Cheese or a Hard Boiled Egg

Chicken Ceasar Salad includes 1oz. of Croutons

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