

Attleboro Elementary Schools

January 2010



Happy New Year!



Soups On, Safari Style

Warm up this winter with a delicious bowl of soup. Soup is always a great meal for any time of day because it is virtually an entire meal in one bowl. The Nutrition Safari loves to enjoy their favorite soups after a long fun day of sleigh riding.



January is National Soup Month
 Welcome 2010!

QUESTIONS OR COMMENTS?

About the Food Service Program? Please call the Food Service Director
 Matt Delaney @ 508-222-6751
 Email: mdelaney@attleboroschools.com



Student Choices

Please use the Following:

1. Daily Featured Hot Lunch
2. Daily Healthy Choice Salad
3. Daily Sub Sandwich
4. Bagel and Cheese

DAILY HEALTHY CHOICE #2

Low-fat, part-skim mozzarella cheese. Served over a bed of mixed greens with tomato wedges, cucumbers, and dressing.



DID YOU KNOW

All our Milk & Chicken Products are Antibiotic and Hormone free!
 Breads & Bread Products are 100% Whole Grain and contain No High Fructose Corn Syrup or Hydrogenated Oils!

We Serve a 100% all Natural Yogurt, with No Artificial Ingredients.

All Dressings are All Natural, with No Artificial Ingredients & No High Fructose Corn Syrup!

Vegetables are always fresh and crisp!

Our Taco Shells and Tortilla Chips are Free of any Hydrogenated Oils.



Check out what we are doing to help save the environment. Visit www.Whitsons.com

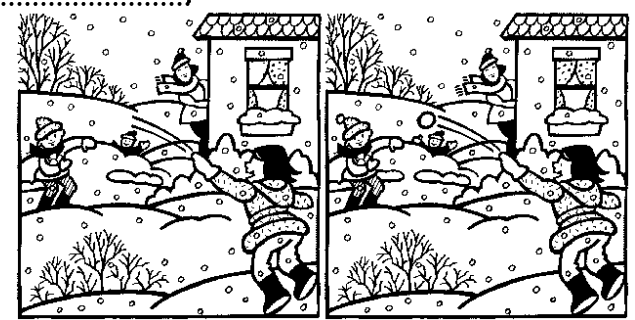
ALL STUDENT LUNCHES INCLUDE

Choice of: 1% White, 1% Chocolate, 1% Strawberry or Fat Free Milk

Choice of: Entrée, Salad or Vegetable, Fresh Fruit, Cupped Fruit or 100% Fruit Juice

Winter Fun

Can you spot the differences?



Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 3 Chicken Nuggets 1/2 Slice of Pizza Steamed Yellow Corn Cupped Fruit</p> <p><i>Half n' Half Day!</i></p>	<p>5 1- Grilled Cheese (V) Oven fries Sliced peaches</p>	<p>6 NACHO NACHOS! 1- Beef Nachos with Cheese Sauce, Salsa, and lettuce (v) optional</p>	<p>7 Pasta! Pasta! 1- Spaghetti and meatballs and Mushrooms with a breadstick</p>	<p>8 PIZZA DAY 1- Cheese Pizza (V) Pepperoni Pizza Tossed Salad</p>
<p>11 1-Chicken Meatball Sandwich on whole wheat bun with Spicy Fries Fruit Cup</p>	<p>12 1-American Chop Suey Seasoned Ground Beef with elbow pasta, tomatoes, peppers</p>	<p>13 Not So Sloppy Joe! 1- Seasoned Beef Patty on a whole wheat bun with oven baked spicy fries</p>	<p>14 1-All Beef Hot Dog Fiesta Corn</p> <p><i>Clean Your Desk Day</i></p>	<p>15 PIZZA DAY 1-Cheese Pizza (V) Mushroom Pizza Veggie Sticks & Dip</p>
<p>18 Martin Luther King Holiday</p>	<p>19 TACO TIME! 1- Two Turkey Tacos with cheddar cheese, salsa and shredded lettuce (v) optional</p>	<p>20 1- Chicken Parmesan with Rotini pasta and marinara sauce</p>	<p>21 1- Chicken Empanadas with rice and beans 2-Texas (V) Grilled Cheese with potato puffs</p>	<p>22 PIZZA DAY 1-Cheese Pizza (V) Pepperoni Pizza Caesar Salad</p>
<p>52 Backwards Day! 1-Cheesy Baked Chicken Nuggets Dipping Sauce Steamed Corn Wheat Dinner Roll Fresh Fruit or Fruit Cup Grilled Milk</p>	<p>26 1-Meatloaf mashed potatoes and gravy, Sautéed Mushrooms</p>	<p>27 Breakfast only! 1/2 DAY Professional Day</p>	<p>28 Brunch For Lunch! 1-French Toast with Syrup and sausage link, fresh fruit cup and cheese stick (v) optional</p>	<p>29 PIZZA DAY 1-Cheese Pizza (V) Pepperoni Pizza Veggie Sticks & Ranch Dip</p>

V=VEGETARIAN SELECTION

HEALTHIER CHOICE

P=PORK PRODUCT

*If you have a food allergy, please speak to the owner, manager, chef or your server. *Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. *Menu is subject to change, notice posted when available.