

SAVORY CRAVINS 2012



JANUARY BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED HOLIDAY	3 1sv Assorted Cereal 1sv Lowfat Yogurt 8oz 1% FI / 1% UF Milk 8oz Skim Milk	4 2sv Buttermilk Waffles w/ Syrup 1oz Turkey Sausage 8oz 1% FI / 1% UF Milk 8oz Skim Milk	5 1oz Turkey Sausage 1sv English Muffin 8oz 1% FI / 1% UF Milk 8oz Skim Milk	6 1sv Assorted Muffin 1sv Hard Boiled Egg 8oz 1% FI / 1% UF Milk 8oz Skim Milk
9 1sv Assorted Cereal 3oz Fresh Sliced Apples 8oz 1% FI / 1% UF Milk 8oz Skim Milk	10 1oz Turkey Sausage 1sv Bagel w/ Cream Cheese 8oz 1% FI / 1% UF Milk 8oz Skim Milk	11 2sv French Toast w/ Syrup 1oz Turkey Sausage 8oz 1% FI / 1% UF Milk 8oz Skim Milk	12 1sv Assorted Cereal 1sv Lowfat Yogurt 8oz 1% FI / 1% UF Milk 8oz Skim Milk	13 CLOSED
16 CLOSED HOLIDAY	17 1sv Assorted Cereal 3oz Fresh Sliced Apples 8oz 1% FI / 1% UF Milk 8oz Skim Milk	18 3oz Hash Brown 1oz Turkey Sausage 8oz 1% FI / 1% UF Milk 8oz Skim Milk	19 1sv Assorted Muffin 1sv Hard Boiled Egg 8oz 1% FI / 1% UF Milk 8oz Skim Milk	20 1sv Assorted Cereal 1sv Lowfat Yogurt 8oz 1% FI / 1% UF Milk 8oz Skim Milk
23 2sv Buttermilk Pancakes w/ Syrup 1oz Turkey Sausage 8oz 1% FI / 1% UF Milk 8oz Skim Milk	24 1sv Assorted Cereal 3oz Fresh Sliced Apples 8oz 1% FI / 1% UF Milk 8oz Skim Milk	25 3oz Hash Brown 1sv Hard Boiled Egg 8oz 1% FI / 1% UF Milk 8oz Skim Milk	26 2sv French Toast w/ Syrup 1oz Turkey Sausage 8oz 1% FI / 1% UF Milk 8oz Skim Milk	27 1sv Assorted Cereal 1sv Lowfat Yogurt 8oz 1% FI / 1% UF Milk 8oz Skim Milk
30 2sv Buttermilk Waffles w/ Syrup 1oz Turkey Sausage 8oz 1% FI / 1% UF Milk 8oz Skim Milk	31 1sv Assorted Cereal 3oz Fresh Sliced Apples 8oz 1% FI / 1% UF Milk 8oz Skim Milk			

*All items are subject to change according to USDA guidelines;

*Fresh fruits and vegetables are served daily and are at least ¼ cup per serving and all grain/bread products are enriched or whole grain;

*Each meal includes 1% Unflavored, 1% Flavored and Skim milk that are free of artificial hormones and antibiotics;

*Local Distributor – Harrisburg Dairies PO Box 2001 Harrisburg, PA 17105-2001 1-800-692-7429

*Practices Sustainable Agriculture as described in the Healthy Schools Act

*Vegetarian meals are served weekly and dairy free items are available as needed

*Alternative items are available to substitute seafood products.

SAVORY CRAVINS 2012



JANUARY LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED HOLIDAY	3 3oz WG Cheese Pizza 3oz Buttered Carrots 3oz Whole Fresh Banana 1sv WG Wheat Bread 8oz 1% FI / 1% UF Milk 8oz Skim Milk	4 6oz Chicken Nuggets 3oz BBQ Baked Beans 1sv Peach Crisp 1sv WG Wheat Roll 8oz 1% FI / 1% UF Milk 8oz Skim Milk	5 6oz WG Spaghetti 3oz Seasoned Greens 3oz Fresh Sliced Oranges 1sv WG Spaghetti Noodles 8oz 1% FI / 1% UF Milk 8oz Skim Milk	6 3oz Chicken WG Pasta Salad 3oz Tossed Salad 3oz Apple Blue Crisp 1sv WG Rotini Noodles 8oz 1% FI / 1% UF Milk 8oz Skim Milk
9 3oz Turkey Sandwich 3oz Mixed Green Salad 3oz Diced Pears 2sv WG Wheat Bread 8oz 1% FI / 1% UF Milk 8oz Skim Milk	10 3oz Cheese Ravioli 3oz Buttered Carrots 4oz 100% Grape Juice 1sv WG Wheat Roll 8oz 1% FI / 1% UF Milk 8oz Skim Milk	11 3oz Taco Salad Wrap w/ Chicken 3oz Tossed Salad 3oz Whole Fresh Banana 1sv WG Soft Tortilla 8oz 1% FI / 1% UF Milk 8oz Skim Milk	12 3oz Baked Chicken 3oz Buttered Succotash 1sv WG Rice Pilaf 1sv Fresh Sliced Oranges 8oz 1% FI / 1% UF Milk 8oz Skim Milk	13 CLOSED
16 CLOSED HOLIDAY	17 3oz Tur Bologna Sandwich 3oz Mixed Green Salad 3oz Diced Pears 2sv WG Wheat Bread 8oz 1% FI / 1% UF Milk 8oz Skim Milk	18 6oz Chicken Patty 3oz BBQ Baked Beans 1sv Fresh Whole Banana 1sv WG Hamburger Bun 8oz 1% FI / 1% UF Milk 8oz Skim Milk	19 6oz Tuna & WG Mac Salad 3oz Marinated Carrots 3oz Fresh Sliced Oranges 1sv WG Macaroni 8oz 1% FI / 1% UF Milk 8oz Skim Milk	20 3oz Veggie Skillet Lasagna 3oz Collard Greens 4oz 100% Fruit Juice 1sv WG Spaghetti Noodles 8oz 1% FI / 1% UF Milk 8oz Skim Milk
23 3oz Tur Ham Sandwich 3oz Baby Carrots 3oz Diced Pears 2sv WG Wheat Bread 8oz 1% FI / 1% UF Milk 8oz Skim Milk	24 6oz WG Vegetable LoMein 3oz Veggie Egg Roll 4oz 100% Fruit Juice 1sv WG Fettucine 8oz 1% FI / 1% UF Milk 8oz Skim Milk	25 6oz Tuna Salad Wrap 3oz Tossed Salad 3oz Whole Fresh Banana 1sv WG Soft Tortilla 8oz 1% FI / 1% UF Milk 8oz Skim Milk	26 6oz Chicken Nuggets 3oz BBQ Baked Beans 1sv Peach Crisp 1sv WG Wheat Roll 8oz 1% FI / 1% UF Milk 8oz Skim Milk	27 3oz BBQ Chicken 3oz Seasoned Greens 1sv Fresh Sliced Oranges 1sv WG Wheat Bread 8oz 1% FI / 1% UF Milk 8oz Skim Milk
30 3oz Turkey Frank 3oz BBQ Baked Beans 1sv Whole Fresh Banana 1sv WG Hot Dog Bun 8oz 1% FI / 1% UF Milk 8oz Skim Milk	31 6oz Tuna & WG Mac Salad 3oz Tossed Salad 3oz Diced Pears 1sv WG Macaroni 8oz 1% FI / 1% UF Milk 8oz Skim Milk			

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*Veggie Egg Rolls contain cabbage and carrots; Also Mixed Green Salad is made up of Iceberg and Romaine Lettuce

*Fruits are locally grown at H&D Farms in Gettysburg, PA 17325..