

# Jan 2012 Elementary Lunch

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## Lake Travis ISD



+Beef ~Poultry "Pork ^Fish }Vegetarian


## Healthy Students Today


equals=

Healthy Leaders

Tomorrow



<p>2</p>	<p><b>3 Welcome Back!</b>          }Main Dish Macaroni &amp; Cheese          ~Corny Dog or Corn Dog Babies          }Steaming Baked Potato w/Toppings  <b>Main Dish Salads</b>          Hot Garlic Bread Sticks          Fresh Broccoli Florets          Fruit &amp; Salad Station          Variety of Milk</p>	<p>4          Harvest Whole Grain Pizza          }Cheese or "Pepperoni"          }Steaming Baked Potato w/Toppings  <b>Main Dish Salads</b>          Hot Garlic Bread Sticks          Hot Spiced Fruit          Fruit &amp; Salad Station          Variety of Milk</p>	<p><i>Did you know?</i></p> <p><i>The Fruit &amp; Salad Stations on all LTISD campuses offer at least 6 daily choices!</i></p>	<p>5          +Steak Fingers &amp; Country Gravy          }Vegetarian Bean Chalupa  <b>LT Munchable Box</b>          Hot Wheat Roll          Gloria Squash          Fluffy Whipped Potatoes          Fruit &amp; Salad Station          Variety of Milk</p>	<p>6  <b>Breakfast for Lunch!</b>          ~Country Sausage Patty          }Scrambled Eggs          Whole Wheat Pancakes w/Syrup          Oven Wedge Potatoes          Fresh Orange Slices          Choice of Milk          Also today:  <b>}Fruit, Yogurt, &amp; Cheese Box</b></p>
<p>9          +Healthy Sloppy Joey on Wheat Bun          ~Chicken Nuggets          }Steaming Baked Potato w/Toppings  <b>Main Dish Salads</b>          Batter Bread          Steamed Baby Carrots          Fruit &amp; Salad Station          Variety of Milk</p>	<p>10          Crispy Pork Egg Roll          ~"Turkey Club Sub w/Heartzel Pretzels  <b>Main Dish Salads</b>          Steamed Brown Rice          Asian-Style Vegetables          Fruit &amp; Salad Station          Variety of Milk</p>	<p>11          +Nachos Supreme or }Cheesy Nachos          }Steaming Baked Potato w/Toppings  <b>Main Dish Salads</b>          Refried Beans          Fruit &amp; Salad Station          Variety of Milk</p>	 <p><i>Eating healthy + daily exercise makes you strong!</i></p>	<p>12  <b>BELL RINGER DAY!</b>          Spaghetti &amp; +Italian Meat Sauce          ~Popcorn Chicken Salad  <b>LT Munchable Box</b>          Hot Garlic Bread          Italian Veggies          Fruit &amp; Salad Station          Variety of Milk</p>	<p>13          ^Catfish Basket          +Hamburger Basket          }Garden Burger Basket          }Steaming Baked Potato w/Toppings          Roasted "Fries"          English Peas &amp; Carrots          Fruit &amp; Salad Station          Variety of Milk</p>

<p>16</p> <p><b>MLK Day</b></p>  <p><b>Student Holiday</b></p>	<p>17</p> <p>“Little Smokies with Macaroni &amp; Cheese ~Baked Crispy Chicken on Whole Wheat Bun <b>Main Dish Salads</b> Classic Hot Roll Fresh Broccoli Florets Fruit &amp; Salad Station Variety of Milk</p>	<p>18</p> <p>Harvest Whole Grain Pizza }Cheese or “Pepperoni }Steaming Baked Potato w/Toppings <b>Main Dish Salads</b> Hot Garlic Bread Sticks Hot Spiced Fruit Fruit &amp; Salad Station Variety of Milk</p>	 <p>Choose<b>MyPlate</b>.gov</p>	<p>19</p> <p>~Heart Healthy Chili &amp; Tortilla Scoops }Breaded Mozzarella Sticks w/Marinara <b>LT Munchable Box</b> Hot Corn Muffins Garden Green Beans Fruit &amp; Salad Station Variety of Milk</p>	<p>20</p> <p>+Beef Slider Basket }Garden Burger Basket }Steaming Baked Potato w/Toppings <b>Main Dish Salads</b> Roasted “Fries” Cauliflorets with Cheese Sauce Fruit &amp; Salad Station Variety of Milk</p>
<p>23</p> <p>Cheese Ravioli w/ Meat Sauce ~ Chicken Nuggets <b>Main Dish Salads</b> Garlic Bread Sticks Italian Veggies Fruit &amp; Salad Station Variety of Milk</p>	<p>24</p> <p>+ Soft or Crispy Beefy Tacos ^Ocean Fish Sandwich <b>Main Dish Salads</b> Mexicali Brown Rice Charro Beans Fiesta Corn Fruit &amp; Salad Station Variety of Milk</p>	<p>25</p> <p>Harvest Whole Grain Pizza }Cheese or “Pepperoni }Steaming Baked Potato w/Toppings <b>Main Dish Salads</b> Hot Garlic Bread Sticks Hot Spiced Fruit Fruit &amp; Salad Station Variety of Milk</p>	<p><i>Did you know?</i></p> <p><i>Many LTISD Recipes have been modified to increase fiber, and decrease salt and fat.</i></p>	<p>26</p> <p>~BBQ Chicken “Ham &amp; Cheese Croissant w/ Heartzel pretzels <b>LT Munchable Box</b> Hot Wheat Roll Spinach Casserole Fluffy Mashed Potatoes Fruit &amp; Salad Station Variety of Milk</p>	<p>27</p> <p>^Catfish Basket +Hamburger Basket }Garden Burger Basket }Steaming Baked Potato w/Toppings Hush Puppies Roasted “Fries” English Peas &amp; Carrots Fruit &amp; Salad Station Variety of Milk</p>
<p>30</p> <p>}Main Dish Macaroni &amp; Cheese ~Corny Dog or Corn Dog Babies }Steaming Baked Potato w/Toppings <b>Main Dish Salads</b> Hot Garlic Bread Sticks Fresh Broccoli Florets Fruit &amp; Salad Station Variety of Milk</p>	<p>31</p> <p><b>Manager’s Select Menu</b> <i>Menu will be posted in the café and on the school’s website by Friday Jan 27.</i></p>				<p><i>To file a complaint of discrimination, write U. S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.</i></p>