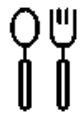


★ = Meatless



GRANT January Lunch Menu



I live less than 225 miles away, so all of my fruits and vegetables are local!



HAPPY NEW YEAR!!

CLASSES RESUME



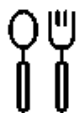
JAN 9TH

<p>★ MONDAY 1/9 Grilled Cheese Sandwich Baby Carrots w/ Low Fat Ranch Or Cheese Quesadilla <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>TUESDAY 1/10 Baked Mini Corn Dogs Baked Cross Trax Fries Or Yogurt & Pretzel <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>WEDNESDAY 1/11 Pasta with Meat Sauce Aloha Roll Or Bean and Cheese Burrito <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>THURSDAY 1/12 Tostada Boat Turkey Taco Meat + Refried Beans Or Hummus Box + Pita Bread <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p> FRIDAY 1/13 ★ Big Daddy Cheese Pizza Green Salad + Cherry Tomatoes Frozen Fruit Cups <i>Fresh Fruit & Salad Bar on the Side</i></p>
<p>★ MONDAY 1/16 Martin Luther King, Jr. Day NO School</p>	<p>TUESDAY 1/17 Cheeseburger on Whole Grain Bun Baked Potato Smiles Or Bean & Cheese Burrito <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>WEDNESDAY 1/18 Pancakes + Turkey Sausage Patty Tater Tots Or Yogurt & Pretzel <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>THURSDAY 1/19 Taco Bar: Turkey Taco Meat Flour Tortilla + Refried Beans Or Protein Box + Bagel <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p> FRIDAY 1/20 ★ Tony's French Bread Cheese Pizza Green Salad + Cherry Tomato <i>Fresh Fruit & Salad Bar on the Side</i></p>
<p>★ MONDAY 1/23 Macaroni & Cheese Yummy Green Beans Or Cheese Quesadilla <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>TUESDAY 1/24 Baked Chicken Strips French Fries Cross Trac Or Bean & Cheese Burrito <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>WEDNESDAY 1/25 <small>SAME AS TRADER JOE'S!</small> Orange Chicken Steamed Brown Rice + Broccoli Or Yogurt & Pretzel <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>THURSDAY 1/26 Taco Salad w/ Turkey Taco Meat Refried Beans + Tortilla Chips Or Hummus Box + Pita Bread <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p> FRIDAY 1/27 ★ Tony's Thin Crust Cheese Pizza Green Salad + Cherry Tomato <i>Fresh Fruit & Salad Bar on the Side</i></p>
<p>★ MONDAY 1/30 Bean & Cheese Burrito Corn Or Cheese Quesadilla <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>TUESDAY 1/31 Baked corn dog Baked Seasoned Potato wedges Or Cheese Quesadilla <i>Fresh Fruit & Salad Bar on the Side</i></p>	<p>PRICES </p> <p>Elementary Full Lunch \$3.00 Elementary Reduced Lunch \$0.40 Adult Lunch \$4.25</p>		<p>FRUIT & SALAD BAR OPTIONS OF THE MONTH</p> <p></p> <p>FRUITS: RED PLUMS, ORANGES, MANDARINS</p> <p>VEGETABLES: SWEET POTATOES, BROCCOLI, CABBAGE, BEETS, AND DRY BEANS</p>



Do you know that your kids can go to the fruit and salad bar every day?










January Breakfast Menu



This institution is an Equal Opportunity Provider

<p>JAN 9-13 MONDAY Coffee Cake JAN 23-27 <i>Or</i> Cereal w/ Graham Crackers</p> 	<p>TUESDAY Biscuit w/ Sausage <i>Or</i> Cereal w/ String Cheese</p> 	<p>WEDNESDAY Breakfast Pizza Bagel <i>Or</i> Cereal w/ Graham Crackers</p> 	<p>THURSDAY Oatmeal w/ Graham Crackers <i>Or</i> Cereal w/ String Cheese</p> 	<p>FRIDAY Zucchini Bread <i>Or</i> Cereal w/ Graham Crackers</p> 
<p>JAN 16-20 MONDAY Banana Bread JAN 30-Feb 3 <i>Or</i> Cereal w/ String Cheese</p> 	<p>TUESDAY Belgian Waffle <i>Or</i> Cereal w/ Graham Crackers</p> 	<p>WEDNESDAY Breakfast Pizza Bagel <i>Or</i> Cereal w/ String Cheese</p> 	<p>THURSDAY French Toast Sticks <i>Or</i> Cereal w/ Graham Crackers</p> 	<p>FRIDAY Build Your Own Yogurt Parfait <i>Or</i> Cereal w/ String Cheese</p> 

PRICES

Elementary Full Breakfast \$1.25
 Elementary Reduced Breakfast \$.30
 Adult Breakfast \$2.25

Prepay online at www.myschoolbucks.com

DO YOU KNOW?

You may qualify for CalFresh and/or affordable Health Care Benefits?

For more information/appointments:
Call 310-458-8688

Introducing Santa Monica Restaurant Week, formerly Eat Well Week, taking place January 9-15, 2017!

For more information visit:

WWW.SANTAMONICA.COM/EATWELL

HEALTHY SERVING IDEAS

HARVEST OF THE MONTH: RED PLUMS

- Add sliced plums to green salads.
- Top lowfat yogurt with sliced plums and granola for breakfast or dessert.
- Blend fresh or frozen plums with lowfat milk and ice. Or, substitute milk with lowfat frozen yogurt.

PRODUCE TIPS

- Look for plums with solid color—red
- Ripen hard plums in a paper bag at room temperature for up to three days.
- Store ripe plums in the refrigerator for up to five days.



DAILY MILK OPTIONS

1% Low-fat Milk
 Nonfat Milk
 Nonfat Chocolate Milk

My milk is hormone free!!

