

Palouse Prairie Charter School

Lunch Menu

January 2020



It's citrus season!! Enjoy fresh oranges and tangerines this month!

Monday		Tuesday		Wednesday		Thursday		Friday			
6		7		8		9		10			
CHICKEN NUGGETS <i>Twisted Baked Potatoes</i> <i>Carrot sticks</i> <i>Chilled fruit</i> <i>Milk choices</i>		FRENCH TOAST STICKS <i>Sausage or Egg Patty</i> <i>Breakfast Potatoes</i> <i>Cucumbers</i> <i>Warm Cinnamon Apples</i> <i>Milk choices</i>		NACHOS w/ BEEF + CHEESE <i>Refried beans + Salsa</i> <i>Yellow Corn</i> <i>Chilled Fruit</i> <i>Milk choices</i>		HOTDOG (TURKEY) ON BUN <i>Fresh fruit</i> <i>Peas + Carrots</i> <i>Animal Crackers</i> <i>Milk choices</i>		PIZZA POCKET W/BEEF SAUSAGE <i>Steamed Broccoli + Cheese Sauce</i> <i>Chilled Fruit</i> <i>Milk choices</i>			
13		STRAWBERRY MILK 14		15		16		Dessert Day! 17			
HAMBURGER OR CHEESEBURGER Sliders <i>Tater tots</i> <i>Baked beans</i> <i>Chilled fruit</i> <i>Milk choices</i>		CHICKEN DRUMSTICK <i>Seasoned Rice</i> <i>Steamed Carrots + Peas</i> <i>Fresh Fruit</i> <i>Milk choices</i>		SPAGHETTI +MARINARA SAUCE (beef) <i>Garlic Toast</i> <i>Steamed Vegetables</i> <i>Fresh Fruit</i> <i>Milk choices</i>		SUB SANDWICH WITH TURKEY HAM + CHEESE <i>Tossed Green Salad</i> <i>Crunchy roasted chickpeas</i> <i>Fresh Fruit</i> <i>Milk Choices</i>		CHEESE RIPPER <i>Dried Fruit</i> <i>Vegetables + Dip</i> JELLO <i>Milk choices</i>			
20		21		22		23		24			
No School		CHEESE BREADSTICKS + MARINARA SAUCE <i>Strawberry Spinach Salad</i> <i>Fresh fruit</i> <i>Animal Crackers</i> <i>Milk choices</i>		CHILI (beef) AND CORNBREAD <i>Fresh vegetables + Dip</i> <i>Chilled Fruit</i> <i>Milk choices</i>		TANGERINE CHICKEN <i>Brown + White Rice</i> <i>Steamed Vegetables</i> <i>Mandarin Oranges</i> FORTUNE COOKIE <i>Milk choices</i>		No School			
27		STRAWBERRY MILK 28		29		Dessert Day! 30		31			
No School		BBQ CHICKEN SANDWICH <i>Scalloped Potatoes</i> <i>Baked Beans</i> <i>Mixed Berry Cups</i> <i>Milk Choices</i>		YUMMY CHEESE SANDWICH + TOMATO SOUP <i>Fresh Fruit</i> <i>Vegetables + Dip</i> <i>Milk Choices</i>		OVEN BAKED FISH STICKS <i>Potato Wedges</i> <i>Fresh Vegetables</i> <i>Chilled Fruit</i> <i>Milk Choices</i> <i>Pudding</i>		CHEESE or SAUSAGE PIZZA <i>Fruit cocktail</i> <i>Tossed Green Salad</i> <i>Crunchy roasted chickpeas</i> <i>Milk choices</i>			
Average		Weekly Target		% of Target		Average		Weekly Target		% Calories	
Calories	627	600-700		100		Saturated Fat	6.19 g	< 10.00 %		8.9%	
Sodium	1001 mg	< 1230 mg									

Menus are subject to change based on product availability. The alternate to the main meal is a peanut butter sandwich with yogurt or a cheese stick.

MEALS COME WITH ½ CUP OF FRUIT, ¼ CUPS OF VEGETABLES, AND MILK!

CELEBRATE HEALTHY EATING WITH THESE FUN NATIONAL FOOD DAYS IN JANUARY:

JAN 6 BEAN DAY, JAN 9 APRICOT DAY, JAN 19 POPCORN DAY, JAN 21 GRANOLA BAR DAY, JAN 24 PEANUT BUTTER DAY, JAN 28 BLUEBERRY PANCAKE DAY!

Food Allergies? Please make sure your child's Meal Accommodation form is up to date.

This institution is an equal opportunity provider.