



East China Lunch Menu

January 2019

Lunch Price: \$2.40 Reduced Price: \$.40

Ala Carte Milk, Juice & Water: \$.50/Snack: \$.25, \$.50 or \$.75 Adult Lunch: \$3.75

A full student lunch includes a choice of entrée supplying protein, milk, grain, and vegetable and fruit side dishes. Milk Choices include: 1% White and Chocolate Skim Milk. A cold vegetable and fruit bar is available daily on which we feature the vegetables and fruit listed below, additional fruit and vegetable choices may be available in the bar.

Monday	Tuesday	Wednesday	Thursday	Friday
7 Meatless Monday Stuffed Crust Cheese Pizza Golden Corn	8 Taco Tuesday Beef Soft Shell Tacos Seasoned Refried Beans	9 Fun Lunch Cereal, Yogurt, String Cheese & Goldfish Crackers Steamed Sliced Carrots	10 Chef Salad Garlic Bread Stick Steamed Broccoli Lucky Lunch- Hot Chocolate Cone	11 Beef Hot Dog w/Bun BBQ Baked Beans
14 Meatless Monday Bosco Sticks w/Dipping Sauce Steamed Green Beans	15 Walking Tacos W/Cinnamon Breadstick Seasoned Refried Beans "Try it Tuesday"	16 Triple Cheese Panini w/Homemade Chicken Noodle Soup Baby Carrots	17 Rotini Pasta with Meat Sauce Roasted Carrot "Fries"	18 Ham & Cheese on a Pretzel Bun w/Tomato Soup
21 Meatless Monday Warm Pretzel Sticks w/Cheddar Cheese Sauce Roasted Broccoli	22 Beef & Cheese Nachos Seasoned Refried Beans	23 Warm Pancakes Turkey Sausage Patties Apple Juice	24 Homemade Creamy Macaroni & Cheese w/ Pretzel Rod Potato Wedges Birthday Treat- Mini Ice Cream Sandwich	25 Half Day Breakfast Only
28 Meatless Monday Homemade Cheese Quesadilla Seasoned Refried Beans	29 Classic Cheeseburger Potato Wedges Lucky Lunch- Paddleball Game	30 French Toast Sticks Turkey Sausage Patty Apple Juice	31 Strawberry Yogurt Parfait w/Homemade Granola Seasoned Broccoli	1 Breaded Chicken Drumstick w/Fresh Baked Biscuit Mashed Potatoes & Gravy
Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Sticks w/Scrambled Eggs	Chicken Nuggets w/Dinner Roll	Stuffed Crust Cheese Pizza	Popcorn Chicken w/Dinner Roll	Grilled Cheese w/Tomato Soup

Fresh Fruit & Vegetable Bar Available Daily

Fresh Cherry Tomatoes Romaine & Spinach Salad Fresh Apple Pineapple Chunks	Sliced Cucumbers Romaine & Spinach Salad Apple Slices Chilled Peaches	Fresh Cauliflower Romaine & Spinach Salad Red Grapes Chilled Fruit Cocktail	Fresh Baby Carrots Romaine & Spinach Salad Fresh Cut Orange Wedges Chilled Applesauce	Power Peas Romaine & Spinach Salad Fresh Banana Chilled Diced Pears
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This institution is an equal opportunity provider.

Vegetarian Item

January
Food Focus of the Month



This month
we're celebrating
citrus

Discovery
KITCHEN

DID YOU KNOW?

- You should eat an orange after working out! Citruses are linked reducing muscle fatigue after strenuous exercise.
- Citrus fruits are an excellent source of immune-boosting vitamin C.
- An 8 oz. glass of orange juice contains more calcium than a glass of cow's milk (350 mg vs 300)!
- Just one orange contains 100% of a person's recommended daily intake of vitamin C.
- Grapefruits got their name because they grow in clusters on a tree, just like grapes!

Questions or Comments? Please contact Julie Humphrey @ 810.676.1112 or jhumphrey@ecsd.us

Checks: Please make checks payable to East China Food Service or Pay Schools online through Skyward

Menu Subject to Change without Notice

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