

get
Local
@school

Menu for January 2019

Grants Pass School District No. 7 Elementary

Daily Specials—**Mon.** Pizza Variety or Chicken Sandwich **Tues.** Chicken Nuggets or Deli Sub (Turkey) **Wed.** Grilled Cheese w/Soup or Corn Dog **Thurs.** Yogurt Bowl or Deli Sub (Ham) **Fri.** Chef's Special or PBJ Sandwich
(Vegetarian Option Offered Daily)

New!! Smile Delights!!



WHEAT

Farm to School

Farm to School connects schools (K-12) and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers. To learn more visit www.farmtoschool.org.

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Monday, Jan. 7	Tuesday, Jan. 8	Wednesday, Jan.	Thursday, Jan. 10	Friday, Jan. 11
<p>Breakfast Mini Pancakes or Cereal Variety</p> <p>Lunch Pizza Variety or Chicken Sandwich REVISED!</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Breakfast Bread or Smile Delight w/Sunflower Seeds</p> <p>Lunch Hamburger or Cheese Burger, Chicken Nuggets, or Deli Turkey Sub</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Fruit Frudel or Cereal Variety</p> <p>Lunch Baja Fish Sticks, Homemade Grilled Cheese, or Corn Dog Tomato Soup Cheddar Goldfish</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Sausage/Cheese BRK Sandwich or Peanut Butter Graham Wafer</p> <p>Lunch Super Soft Taco, Yogurt Bowl, or Deli Ham Sandwich Refried Beans</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Cinnamon Roll or Cereal Variety</p> <p>Lunch Saucy Spaghetti, Chef's Special, or PBJ Sandwich</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>
Monday, Jan 14	Tuesday, Jan. 15	Wednesday, Jan. 16	Thursday, Jan. 17	Friday, Jan. 18
<p>Breakfast French Toast or Cereal Variety</p> <p>Lunch Eggs/Sausage/Toast, Pizza Variety, or Chicken Sandwich</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Oatmeal Breakfast Round or Nutrition Bar</p> <p>Lunch Power Box, Chicken Nuggets, or Deli Turkey Sub</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Breakfast Pizza or Cereal Variety</p> <p>Lunch Chicken Bacon Ranch Wrap, Homemade Grilled Cheese, or Corn Dog Warm Chili</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Flaky Biscuit and Gravy or Mini Bagels</p> <p>Lunch Nachos, Yogurt Bowl, or Deli Ham Sandwich Cookie</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Breakfast Bar or Cereal Variety</p> <p>Lunch Roast Beef w/Roll, Chef's Special, or PBJ Sandwich Mashed Potatoes w/Gravy</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>



Barley Lentil Soup

Ingredients

- 1 Tablespoon **oil**
- 1 clove **garlic**, minced or 1/4 teaspoon garlic powder
- 1 cup sliced **onion**
- 1 cup sliced **carrots**
- 1 cup sliced **celery**
- 1 can (15 ounces) stewed, diced **tomatoes**
- 3 cups chicken or vegetable **broth**
- 3 cups **water**
- 1 cup dry **lentils**
- 2/3 cup **barley**
- 1/2 teaspoon dried **thyme**
- 1 teaspoon dried **oregano**
- 1 teaspoon dried **basil**
- salt and pepper** to taste

Directions

Heat oil in large soup pan over medium-high heat. Cook garlic and onion until they are golden brown, about 1 or 2 minutes. Add the rest of the ingredients and bring to a boil. Lower the heat so the mixture is at a light simmer. Place a lid on the pan. Cook until the barley and lentils are tender, about 1 to 1 1/2 hours. Serve hot in a soup bowl. Refrigerate leftovers within 2 hours.

<p style="text-align: center;">Monday, Jan. 21</p> <p style="text-align: center;">NO CLASSES</p> <p style="text-align: center;"><i>New!! Chicken Giggles!!</i></p>	<p style="text-align: center;">Tuesday, Jan. 22</p> <p style="text-align: center;">Breakfast Bosco Egg, Cheese, Bacon Pocket or Fruit Muffin</p> <p style="text-align: center;">Lunch Hamburger or Cheese Burger, Chicken Nuggets, or Deli Turkey Sub <i>Tater Day!</i> Daily, Fruit, Vegetable, and Milk Variety</p>	<p style="text-align: center;">Wednesday, Jan. 23</p> <p style="text-align: center;">Breakfast Pancake on a Stick or Cereal Variety</p> <p style="text-align: center;">Lunch Quesadilla, Homemade Grilled Cheese, or Corn Dog <i>Vegetable Beef Soup</i> Daily, Fruit, Vegetable, and Milk Variety</p>	<p style="text-align: center;">Thursday, Jan. 24</p> <p style="text-align: center;">Breakfast Sausage/Cheese BRK Sandwich or Peanut Butter Graham Wafer</p> <p style="text-align: center;">Lunch Yang's Orange Chicken w/Rice or PBJ Sandwich <i>Garbanzo Beans</i> Daily, Fruit, Vegetable, and Milk Variety</p>	<p style="text-align: center;">Friday, Jan. 25</p> <p style="text-align: center;">NO CLASSES</p>
<p style="text-align: center;">Monday, Jan. 28</p> <p style="text-align: center;">Breakfast Snack'n Waffles or Cereal Variety</p> <p style="text-align: center;">Lunch Mac and Cheese w/Corn Muffin, Pizza Variety, or Chicken Sandwich Daily, Fruit, Vegetable, and Milk Variety</p>	<p style="text-align: center;">Tuesday, Jan. 29</p> <p style="text-align: center;">Breakfast Oatmeal Breakfast Round or Nutrition Bar</p> <p style="text-align: center;">Lunch Super Sloppy Joe, Chicken Giggles, or Deli Turkey Sub Daily, Fruit, Vegetable, and Milk Variety</p>	<p style="text-align: center;">Wednesday, Jan. 30</p> <p style="text-align: center;">Breakfast Breakfast Burrito or Cereal Variety</p> <p style="text-align: center;">Lunch Cheesy Pizza Breadstick, Homemade Grilled Cheese, or Corn Dog <i>Chicken Noodle Soup</i> Daily, Fruit, Vegetable, and Milk Variety</p>	<p style="text-align: center;">Thursday, Jan. 31</p> <p style="text-align: center;">Breakfast Flaky Biscuit and Gravy or Mini Bagels</p> <p style="text-align: center;">Lunch Nachos, Yogurt Bowl, or Deli Ham Sandwich <i>Tater Day!</i> <i>Refried Beans</i> Daily, Fruit, Vegetable, and Milk Variety</p>	

JANUARY



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