

Sioux Valley School District

January 2019 Elementary Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

**Fill Up & Fuel Up
at the
Unlimited Fruit & Vegetable Bar**




thrive
NUTRITION SERVICES

3

A. Chicken & Noodles w/Dinner Roll
B. Beef Hot Dog on Bun
C. Yogurt & Uncrustable®

Peas

4

Fresh Baked

A. Sausage Pizza
B. Cheese Pizza
C. Italian Sub

Sidekicks® Frozen Juice Cup

7

A. Chicken Drumstick w/Dinner Roll
B. Pulled Pork Sandwich
C. Turkey & Cheese Sub

Coleslaw

8

A. White Goulash
B. Crispy Chicken Sandwich
C. Ham & Cheese Sub

Corn

9

A. Cheese Ravioli w/Garlic Bread
B. Corn Dog
C. Cold Cut Sub

Broccoli

10

A. Tangerine Chicken w/Rice
B. Pork Rib Sandwich
C. Yogurt & Uncrustable®

Stir Fry Veggies

11

A. Chili w/ Corn Chips
B. Chicken Nuggets
C. Italian Sub

Cinnamon Roll
Carrots

14

A. Ham & Scalloped Potatoes w/Bread
B. Stuffed Crust Pizza
C. Turkey & Cheese Sub

California Blend Veggies

15

A. Mac n' Cheese
B. Corn Dog
C. Ham & Cheese Sub

A&B: Carnival Cookie
Sidekicks® Frozen Juice Cup

16

A. Chicken Nuggets w/Dinner Roll
B. Pulled Pork Sandwich
C. Cold Cut Sub

Baked Beans

17

A. Nachos Grande
B. Meatballs w/ Gravy
C. Yogurt & Uncrustable®

A&B: Rice
Corn

18

A. Goulash w/Dinner Roll
B. Crispy Chicken Sandwich
C. Italian Sub

Green Beans

21

No School

22

A. Italian Dunkers
B. BBQ Meatball Sub
C. Ham & Cheese Sub

Green Beans

23

A. Sloppy Joe on Bun
B. Breaded Fish Sandwich
C. Cold Cut Sub

Baked Fries

24

A. Tater Tot Hotdish w/Bread
B. Stuffed Crust Cheese Pizza
C. Yogurt & Uncrustable®

Carrots

25

A. Doritos Walking Taco
B. Cheeseburger
C. Italian Sub

Corn

28

A. Chicken Nuggets
B. Corn Dog
C. Turkey & Cheese Sub

Broccoli w/Cheese

29

A. Spaghetti w/Meat Sauce w/Garlic Toast
B. Crispy Chicken Sandwich
C. Ham & Cheese Sub

Corn

30

A. Pulled Pork Sandwich
B. Total Taco Quesadilla
C. Cold Cut Sub

Carrots

31

A. Meatloaf w/ Bread
B. Stuffed Crust Pizza
C. Yogurt & Uncrustable®

Mashed Potatoes w/Gravy

Please
remember to take
at least
½ cup fruit & or
veggies for a well
balance meal

Daily Lunch Menu Includes

- Choice of A, B or C Entrées
- Unlimited Fresh Field Bar
- Milk Choice: Strawberry Skim, Chocolate Skim and 1% White

Meal Prices

Student Lunch K-5: \$2.70
Reduced Lunch: \$.40
Adult Lunch: \$3.65
Extra Entrée: \$1.80
Extra Milk: \$.50

**Fill Up & Fuel Up
Unlimited Fresh Field Bar**

Vegetables on the menu and on the fruit & vegetable bar meet or exceed all vegetable subgroup weekly requirements

