



JANUARY 2022



Happy New Year

CENTRAL FULTON SCHOOL DISTRICT ELEMENTARY LUNCH MENU

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.
Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch
Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage
Featured Fruit May Include: oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME!
DAILY ALTERNATES.**

Fresh Entree Salad of the Week



Craveable of the Week which could include:
Nacho with Chips and Salsa, Make your Own Pizza, Yogurt Cheese stick and Crackers, Breadstick Dipper, and more..

Lunch Prices
Student \$0.00
Reduced \$0.00
Adult \$3.55

Julie Ramsey, Foodservice GM
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MENUS SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY

USDA is an equal opportunity provider and employer.

Monday
3
Chicken Nuggets w/ Dinner Roll
Yogurt Craveable
Chef's Salad
Featured Veggies:
Oven Fries
Red Pepper Strips
Featured Fruit
Choice of Milk

Taco Tuesday
4
"Nat'l Spaghetti Day"
Spaghetti & Meatballs W/ Breadstick
Yogurt Craveable
Chef's Salad
Featured Veggies:
Golden Corn
Caesar Salad
Featured Fruit
Choice of Milk

Wednesday
5
Breakfast for Lunch!
Egg, Sausage & Cheese on a Bae!l
Yogurt Craveable
Chef's Salad
Featured Veggies:
Hash Brown Potatoes
Cucumber Slices
Featured Fruit
Choice of Milk

Thursday
6
Toasted Cheese Sandwich
Yogurt Craveable
Chef's Salad
Featured Veggies:
Tomato Soup
Corn Salad
Featured Fruit
Choice of Milk

Pizza Friday!
7
Pizza Bagel
Yogurt Craveable
Chef's Salad
Featured Veggies:
Mashed Sweet Potatoes
Chick Pea Salad
Featured Fruit
Choice of Milk

10
Turkey & Cheese Melt On a Croissant
Walking Taco Craveable
Chef's Salad
Featured Veggies:
Tater Tots
Steamed Corn
Featured Fruit
Choice of Milk

11
"County Fair Day"
Corn Dog
Walking Taco Craveable
Chef's Salad
Featured Veggies:
Baked Beans
Cole Slaw
Featured Fruit
Choice of Milk

12
"Happy New Year 2022"
Roasted Pork W/ Stuffing
Walking Taco Craveable
Chef's Salad
Featured Veggies:
Mashed Potatoes & Gravy
Sauerkraut
Featured Fruit
Choice of Milk

13
Hot Ham and Cheese On a Croissant Bun
Walking Taco Craveable
Chef's Salad
Featured Veggies:
Green Peas
Caesar Side Salad
Featured Fruit
Choice of Milk

14
NO SCHOOL

17
"Nat'l SOUP Month"
Homemade Chicken Noodle Soup W/ Crackers
Superfruit Craveable
Chef's Salad
Featured Veggies:
Baked Beans
Cucumber Slices
Featured Fruit
Choice of Milk

18
Nachos Grande w/ Chicken Tortilla Chips
Superfruit Craveable
Chef's Salad
Featured Veggies:
Corn
Lettuce & Tomato
Featured Fruit
Choice of Milk

19
Fish Sticks with Dinner Roll
Superfruit Craveable
Chef's Salad
Featured Veggies:
Oven Fries
Steamed Carrots
Featured Fruit
Choice of Milk

20
"Nat'l CHEESE Lover's Day"
Mac 'N Cheese w/ Garlic Breadstick
Superfruit Craveable
Chef's Salad
Featured Veggies:
Steamed Carrots
Side Salad
Featured Fruit
Choice of Milk

21
Pepperoni Pizza
Superfruit Craveable
Chef's Salad
Featured Veggies:
Sweet Potato Fries
Side Salad
Featured Fruit
Choice of Milk

24
Chicken Patty Sandwich
M.Y.O. Pizza Craveable
Chef's Salad
Featured Veggies:
Oven Fries
Chick Pea Salad
Featured Fruit
Choice of Milk

25
Walking Taco Pretzel Sticks
M.Y.O. Pizza Craveable
Chef's Salad
Featured Veggies:
Golden Steamed Corn
Tomato & Onion Salad
Featured Fruit
Choice of Milk

26
Sloppy Joe on Aloha Roll
M.Y.O. Pizza Craveable
Chef's Salad
Featured Veggies:
Tater Tots
Baby Carrots
Featured Fruit
Choice of Milk

27
Pasta Day
Chicken Alfredo With Garlic Knot
M.Y.O. Pizza Craveable
Chef's Salad
Featured Veggies:
Steamed Broccoli
Celery Sticks with Ranch
Featured Fruit
Choice of Milk

28
Stuffed Crust Pizza
M.Y.O. Pizza Craveable
Chef's Salad
Featured Veggies:
Cherry Tomatoes
Cucumber Slices
Featured Fruit
Choice of Milk

31
Cheese Burger On a Bun
Nacho Craveable
Chef's Salad
Featured Veggies:
Baked Beans
Cucumber Slices
Featured Fruit
Choice of Milk

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JANUARY
"Nutritious Friend"
BOK CHOY BOY!


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