

Greenwich Public Schools Elementary Menu January 2020

Why Pack Lunch?

Lunch Price: \$3.70 includes whole fresh hand fruit in season, unlimited fresh fruit & veggie cups, and choice of milk

DAILY ALTERNATIVES

Whole Wheat Bagel
w/ String Cheese
& Stonyfield Organic Yogurt



SunButter & Jelly Sandwich
on Fresh Whole Wheat Bread

Homemade Hummus^{Gf}
w/ Crunchy Pita Chips



Fruit, Granola & Yogurt
Parfait



WG Cereal w/ String Cheese

**Local
Empire
Apples
from
Blue Hill
Orchards**



Wallingford, CT farm
available all month!

MONDAY



6
Whole Grain Waffles
with All Natural Chicken
Breakfast Sausage

**Chicken
Filet Sandwich**
with Lettuce and Sliced Tomatoes

TUESDAY



7
**Fiesta Black
Bean Bowl**
with Steamed Brown Rice.
Served with Your Favorite Toppings

**CONFETTI
CORN SALSA**

WEDNESDAY

**Every Lunch
Includes**
Unlimited Fresh
Fruit and
Vegetable Cups!

THURSDAY

2
Pasta Bar - Homemade
Meat Sauce or Non-GMO Marinara
Sauce. Served with Whole Grain
Garlic Toast

Crunchy Kale Chips

FRIDAY

3
Classic Cheese Pizza
Non GMO - Tomato Sauce &
Shredded Mozzarella Cheese

**Fresh Steamed
Seasoned Broccoli**

13
**Mediterranean
Grilled Chicken Pita**

**Swiss Chard
Frittata**
on Whole Grain Roll

14
Nacho Bar - Seasoned Taco
Meat and Whole Grain Tortilla
Chips served with Your Favorite
Toppings, Cheddar Cheese &
Brown Rice

**Corn & Edamame
Salad**

15
Pasta Bar -Homemade
Meat Sauce or Non-GMO
Marinara Sauce. Served with
Whole Grain Garlic Toast

Baked Stuffed Potato
with Broccoli and Cheddar

16
100% Beef Burger
Whole Wheat Bun
Oven Baked Fries

**HARVEST BLEND
ROASTED VEGETABLES**

17
Classic Cheese Pizza
Non GMO - Tomato Sauce &
Shredded Mozzarella Cheese

**Quinoa Vegetable
Salad**

20
**MLK, Jr. Day
Schools
Closed**

21
Street Tacos
Seasoned Taco Meat and Whole Grain
Tortilla served with Your Favorite
Toppings, Black Beans, Cheddar Cheese
& Brown Rice

**Falafal Nugget Wrap with
Fresh Tzatziki Sauce**

22
Pasta Bar - Homemade
Meat Sauce or Non-GMO Marinara
Sauce. Served with Whole Grain
Garlic Toast

**CRISPY ZUCCHINI
PARMESAN**

23
**Hummel Brother's
Frankfurter Uncured**
All-Beef served with
Oven Baked Steak Fries

**Sizzling Chicken
Vegetable Noodle
Stir-Fry**

24
French Bread Pizza
Non GMO - Tomato Sauce &
Shredded Mozzarella Cheese

Veggie Quesadilla
with Pinto Beans and
Brown Rice

27
**Whole Grain
French Toast**
with All Natural Chicken
Breakfast Sausage

Chicken Drumstick
Crispy Oven-Baked

28
Chicken Tinga Tacos
Served with your Favorite
Toppings & Brown Rice

**Home Baked Macaroni
and Cheddar Cheese**

29
Pasta Bar - Homemade
Meat Sauce or Non-GMO
Marinara Sauce. Served
with Garlic Toast

Chicken Fajitas
with Roasted Peppers, Onions with Salsa and
Sour Cream on the Side

30
**Chicken and
Cheese Quesadilla**

**HARVEST BLEND
ROASTED VEGETABLES**

31
Classic Cheese Pizza
Non GMO - Tomato Sauce &
Shredded Mozzarella Cheese

Crunchy Kale Chips