

**ALTERNATE ENTREE**

WEEK 1= Plump Hot Dog  
 WEEK 2= Pizza  
 WEEK 3= Hamburger  
 WEEK 4= Hot Dog  
 \* Whole Grain



# January 2009



**1st Grade Students**  
 Alternate Entrees and Cereal Meal  
 are available to First Grade Students

STUDENT  
 \$1.75

ADULT  
 \$3.00

**MON**

**TUE**

**WED**

**THU**

**FRI**

<p><b>5</b> Alternate Entrée—&gt; Week #1 Plump Hot Dog  <b>Oven Baked Chicken Nuggets</b>                      Seasoned Noodles Green Beans                      X-Theme Fruit Snacks                      * Cereal Meal— Cereal, Yogurt, String Cheese, Fruit, Milk</p>	<p><b>6</b>  <b>Oven Baked Mozzarella Sticks</b>                      Potato Wedges Sweet Corn                      Trojan Pudding                      * Cereal Meal</p>	<p><b>7</b>  <b>Bosco Mozzarella Sticks</b>                      Mixed Veggies Fruit Juice                      Teddy Grahams                      * Cereal Meal— Cereal, Yogurt, String Cheese, Fruit, Milk</p>	<p><b>8</b>  <b>Parkland Chicken Sandwich</b>                      Baked Chips Steamed Carrots                      Mixed Fruit                      * Cereal Meal—Cereal, Yogurt, String</p>	<p><b>9</b>  <b>Toasted Cheese Sandwich</b>                      Tomato Soup Green Beans                      Chilled Fruit                      * Cereal Meal— Cereal, Yogurt, String Cheese, Fruit, Milk</p>
<p><b>12</b> Alternate Entrée—&gt; Week #2 Pizza  <b>Popcorn Chicken</b>                      *Wheat Dinner Roll                      Mixed Veggies Applesauce                      * Cereal Meal— Cereal, Yogurt, String Cheese, Fruit, Milk</p>	<p><b>13</b>  <b>Ham &amp; Cheese Sandwich on a *Wheat Roll</b>                      Baked Chips Bag of Carrots                      Chilled Fruit                      * Cereal Meal— Cereal, Yogurt, String Cheese, Fruit, Milk</p>	<p><b>14</b>  <b>Mini Corn Dog Nuggets</b>                      Vegetarian Beans                      Chilled Fruit                      * Cereal Meal— Cereal, Yogurt, String Cheese, Fruit, Milk</p>	<p><b>15</b>  <b>Pasta w/Meat or Marinara Sauce</b>                      Tossed Salad Fruit Sherbet                      *Cereal Meal— Cereal, Yogurt, String Cheese, Fruit, Milk</p>	<p><b>16</b>  <b>French Toast Stix</b>                      Ham Slice Orange Juice                      Hash brown Chilled Fruit                      * Cereal Meal—Cereal, Yogurt, String Cheese, Fruit, Milk</p>
<p><b>19</b> Alternate Entrée—&gt; Week #3 Hamburger                        No School !</p>	<p><b>20</b>  <b>Chicken Tenders</b>                      Seasoned Noodles Sweet Corn                      Chilled Peaches                      *Cereal Meal -Cereal, Yogurt, String Cheese, Fruit, Milk</p>	<p><b>21</b>  <b>Hard Shell Taco with Fixing</b>                      Brown Rice Fruit Juice                      Chilled Fruit                      *Cereal Meal— Cereal, Yogurt, String</p>	<p><b>22</b>  <b>Stuffed Crust Sticks</b>                      Tossed Salad Sweet Peas                      Chilled Fruit                      *Cereal Meal— Cereal, Yogurt, String Cheese, Fruit, Milk</p>	<p><b>23</b>  <b>Chicken Fryze</b>                      Pierogies Mixed Veggies                      Chilled Fruit                      * Cereal Meal—Cereal, Yogurt, String Cheese, Fruit, Milk</p>
<p><b>26</b> Alternate Entrée—&gt; Week #4 Hot Dog  <b>Pepperoni Stromboli</b>                      Chips w/Salsa Fruit Juice                      Chilled Fruit                      * Cereal Meal</p>	<p><b>27</b>  <b>Chicken Filet Sandwich</b>                      Oven Baked Fries Mixed Veggies                      X-Treme Fruit Snacks                      * Cereal Meal— Cereal, Yogurt, String Cheese, Fruit, Milk</p>	<p><b>28</b>  <b>Bosco Mozzarella Sticks</b>                      Steamed Carrots 100% Fruit Juice                      Teddy Grahams                      * Cereal Meal— Cereal, Yogurt, String Cheese, Fruit, Milk</p>	<p><b>29</b>  <b>Pasta w/Meat or Marinara Sauce</b>                      Tossed Salad Fruit Sherbet                      *Cereal Meal— Cereal, Yogurt, String Cheese, Fruit, Milk</p>	<p><b>30</b>  <b>Ham &amp; Cheese Sandwich on a *Wheat Roll</b>                      Bag of Carrots Bag of Chips                      Chilled Fruit                      * Cereal Meal— Cereal, Yogurt, String Cheese, Fruit, Milk</p>

**Parkland Elementary Schools January 2009 Menu**

A CHOICE OF MILK IS OFFERED WITH EACH MEAL. ALL MENUS ARE SUBJECT TO CHANGE

FRESH FRUIT IS ALWAYS A DAILY OPTION.