

January 2013

Ada School Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Lunch Prices:

K - 5 \$2.00
6 - 12 \$2.25
Reduced K - 12 .40

1
NO SCHOOL

2
NO SCHOOL

3
 Chicken Strips w/Sauce
 Whole Grain Bread
 Steamed Green Beans
 Fruit
 Milk

4
 Bosco Pizza
 Steamed Carrots
 Fruit
 Milk

7
 Breaded Chicken Sandwich
 Steamed Broccoli
 Fruit
 Milk

8
 Beef Taco's w/lettuce & cheese
 Steamed Seasoned Corn
 Fruit
 Milk

9
 Spaghetti w/Meat sauce
 Romaine Salad w/Tomatoes
 Bread Stick
 Fruit
 Milk

10
 Mozzarella Cheese Sticks w/Pizza Sauce
 Steamed Green Beans
 Fruit
 Milk

11
NO SCHOOL

14
 Cheeseburger w/pickles
 Baked Spiral Fries
 Fruit
 Milk

15
 Coney Dog w/Cheese
 Bake Beans
 Fruit
 Milk

16
 Roasted Chicken on the Bone
 Dinner Roll w/Margarine
 Romaine Salad w/Dressing
 Fruit & Milk

17
 Beef Taco's w/lettuce and Cheese
 Steamed Seasoned Corn
 Fruit
 Milk

18
 Breakfast for Lunch
 French Toast or Pancakes
 Sausage Links
 Hash Browns
 Fruit & Milk

21
NO SCHOOL

22
 Pop Corn Chicken w/BBQ Sauce
 Mash Potatoes w/Gravy
 Dinner Roll
 Fruit & Milk

23
 Salisbury Steak on a Bun
 Steamed Broccoli
 Fruit
 Milk

24
 Original Grilled Cheese
 Steamy Campbell's
 Tomato Soup w/Crackers
 Fruit
 Milk

25
 Real Slice Pizza
 Smiley Potatoes
 Fruit
 Milk

28
 Breaded Chicken Sandwich
 Steamed Green Beans
 Fruit
 Milk

29
 Coney Dog w/Cheese
 Bake Beans
 Fruit
 Milk
2hr Early Dismissal

30
 Spaghetti w/Meat Sauce
 Bread Stick
 Romaine Salad w/Dressing
 Fruit
 Milk

31
 Cheeseburger w/Pickles
 Baked Tater Tots
 Fruit
 Milk

MENU IS SUBJECT TO CHANGE

News

- All Pasta and pizza crust is whole grain, cheese is low fat and sauce is low sodium.
- All menu items are baked or steamed.
- Only fat free & low fat milk is offered.

Fruit of the Day

Offered with every meal
 May be canned, fresh and/or frozen

Serving Size

K - 8 1/2cup
 9 - 12 1cup

Vegetable of the Day

Offered with every meal

Offer vs. Serve

We offer a 5 Component Meal
 K - 5 may decline one item
 6 - 12 may decline two items

Fruit and/or Vegetable **MUST** be on the tray to count as a Lunch

