



## ELEMENTARY SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
December 30, 2019	December 31, 2019	January 1, 2020	January 2, 2020	January 3, 2020
		HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
January 6, 2020	January 7, 2020	January 8, 2020	January 9, 2020	January 10, 2020
PARMESAN POPCORN CHICKEN & PASTA ^ Mixed Vegetables Applesauce Cup Choice of Milk	TURKEY HAM & CHEESE PANINI ^ Pickle Chips Corn Diced Peaches Mustard Choice of Milk	*NEW ITEM* GENERAL TSO'S CHICKEN & NOODLES ^ Broccoli Fresh Baby Carrots Light Ranch Dressing Fresh Banana Choice of Milk	MEATLOAF PANINI ^ Maple Baked Beans Sun Splash Veggie Juice Sliced Apples Ketchup Choice of Milk	FRENCH BREAD CHEESE PIZZA Romaine Salad Light Italian Dressing Mixed Fruit Cup Choice of Milk
January 13, 2020	January 14, 2020	January 15, 2020	January 16, 2020	January 17, 2020
*MEATLESS MONDAY* PIZZA DIPPERS ^ Marinara Dipping Sauce Green Beans Applesauce Cup Choice of Milk	CHICKEN TENDERS WITH POTATO WEDGES ^ Maple Baked Beans Orange Juice BBQ Sauce Ketchup Choice of Milk	BEAN & CHEESE BURRITO ^ Salsa Cup Whole Kernel Corn Fresh Pear Choice of Milk	POPCORN CHICKEN ^ Mixed Vegetables Fresh Orange BBQ Sauce Choice of Milk	SALISBURY STEAK W/GRAVY Sliced Bread ^ (2) Mashed Potatoes Romaine Salad Light Ranch Dressing Diced Peaches Choice of Milk
January 20, 2020	January 21, 2020	January 22, 2020	January 23, 2020	January 24, 2020
MARTIN LUTHER KING JR.	PENNE PASTA W/MEAT SAUCE ^ Green Beans Mixed Fruit Cup Choice of Milk	Orange Juice Choice of Milk PEPPERONI PIZZA Romaine Salad Light Ranch Dressing	HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Maple Baked Beans Fresh Apple Mustard Ketchup (2) Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ French Fries Fresh Banana Chipotle Ranch Ketchup Choice of Milk
January 27, 2020	January 28, 2020	January 29, 2020	January 30, 2020	January 31, 2020
*NEW RECIPE!*** BEEF & BEAN CHILI Corn Diced Peaches Corn Muffin ^ Choice of Milk	CHEESE PIZZA Green Beans Orange Juice Choice of Milk	Cheddar Sun Chips ^ Choice of Milk TURKEY & CHEESE ON A HOAGIE BUN Light Mayonnaise Sun Splash Veggie Juice Fresh Baby Carrots Light Ranch Dressing Diced Pears	CHEESE LASAGNA ^ Romaine Salad Light Italian Dressing Fresh Pear Chocolate Cookie ^ Choice of Milk	BAGEL DOG ^ Maple Baked Beans Fresh Baby Carrots Light Ranch Dressing Mixed Fruit Cup Mustard Ketchup Choice of Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
1																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
2																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
3																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-06-2020																
	PARMESAN POPCORN CHICKEN & PASTA ^	434	16	4	0	26	614	50	6	6	22	56	0	151	3	MMA:2oz G/B:2sv WG V:1/2c RO
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-07-2020																
	TURKEY HAM & CHEESE PANINI ^	270	10	5	0	46	783	28	2	3	19	0	1	206	2	MMA:2oz G/B:2sv WG
	Pickle Chips	5	0	0	0	0	330	1	0	0	0	2	1	23	0	V:1/4c O
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-08-2020																
	*NEW ITEM*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	GENERAL TSO'S CHICKEN & NOODLES ^	383	15	3	0	22	981	44	5	16	19	39	0	9	3	MMA:2oz G/B:1.5sv WG
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01																

	MEATLOAF PANINI ^	290	10	3	0	35	753	30	3	3	22	5	0	152	2	MMA:2oz G/B:2sv WG
	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-10-2020																
	FRENCH BREAD CHEESE PIZZA	308	11	5	0	23	744	36	1	4	17	69	0	367	2	MMA:1.5oz G/B:2sv V:1/4c RO
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-13-2020																
	*MEATLESS MONDAY*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-14-2020																
	CHICKEN TENDERS WITH POTATO WEDGES ^	313	17	2	0	25	409	24	4	1	16	30	2	0	2	MMA:2oz G/B:1sv WG V:1/4c S
	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-15-2020																
	BEAN & CHEESE BURRITO ^	309	11	5	0	20	442	39	5	2	14	16	1	201	3	MMA:2oz G/B:2.25sv WG
	Salsa Cup	31	0	0	0	0	96	6	1	0	1	141	3	0	2	V:1/4c RO
	Whole Kernel Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-16-																
	POPCORN CHICKEN ^	255	14	3	0	22	388	16	3	1	16	33	0	0	2	MMA:2oz G/B:1sv WG

	Mixed Vegetables	94	0	0	0	0	84	20	4	6	4	386	3	27	1	V:1/4c RO V:1/2c S
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-17-2020																
	SALISBURY STEAK W/GRAVY	150	6	1	0	34	584	7	0	1	16	12	0	24	1	MMA:2oz
	Sliced Bread ^ (2)	70	1	0	0	0	134	12	2	2	4	0	0	30	1	G/B:1sv WG
	Mashed Potatoes	123	5	1	0	0	304	17	1	1	3	0	59	39	0	V:1/2c S
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
- 0																
	MARTIN LUTHER KING JR.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-21-2020																
	PENNE PASTA W/MEAT SAUCE ^	323	12	4	0	35	503	39	4	8	18	69	0	72	3	MMA:2oz G/B:1sv WG V:3/4c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-22-2020																
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	PEPPERONI PIZZA	307	11	5	0	26	850	36	2	3	16	53	0	334	2	MMA:1.5oz G/B:2sv V:1/4c RO
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
01-23-2020																
	HOT DOG W/ POTATO ROUNDS	182	13	4	0	25	557	11	1	1	5	0	0	0	1	MMA:1.5oz V:1/4c S
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup (2)	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

01-24-2020																	
	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG	
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG	
	French Fries	155	6	1	0	0	45	24	0	0	2	0	10	0	0	V:3/4c S	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c	
	Chipotle Ranch	30	2	0	0	5	55	2	0	1	0	30	0	0	0		
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0		
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
01-27-2020																	
	*NEW RECIPE!***	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
	BEEF & BEAN CHILI	197	6	2	0	19	461	24	8	3	13	145	6	66	4	MMA:2oz V:1/2c RO	
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S	
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c	
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
01-28-2020																	
	CHEESE PIZZA	298	10	5	0	23	724	36	2	3	17	69	0	406	2	MMA:1.5oz G/B:2sv V:1/4c RO	
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O	
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
01-29-2020																	
	Cheddar Sun Chips ^	140	6	1	0	0	210	18	2	2	2	0	0	0	0	G/B:1.25sv WG	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
	TURKEY & CHEESE ON A HOAGIE BUN	255	6	3	0	35	605	32	3	3	21	90	0	250	2	MMA:2oz G/B:2sv WG	
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0		
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO	
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0	V:1/4c RO	
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0		
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c	
01-30-2020																	
	CHEESE LASAGNA ^	284	7	2	0	45	884	38	3	3	18	9	20	105	1	MMA:2oz G/B:1sv WG V:1/2c RO	
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG	
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0		
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c	

	Chocolate Cookie ^	120	5	1	0	0	45	19	1	6	2	0	0	0	1	G/B:1sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-31-2020																
	BAGEL DOG ^	307	14	5	0	30	695	34	3	5	11	0	0	61	2	MMA:2oz G/B:2sv WG
	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain  
Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

## Allergen Information: DANIEL BURNHAM ELEMENTARY SCHOOL

**ALLERGEN WARNING:** This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
1									
	HOLIDAY BREAK								
2									
	HOLIDAY BREAK								
3									
	HOLIDAY BREAK								
01-06-2020									
	PARMESAN POPCORN CHICKEN & PASTA ^	X						X	X
	Mixed Vegetables								
	Applesauce Cup								
	Choice of Milk	X							
01-07-2020									
	TURKEY HAM & CHEESE PANINI ^	X						X	X
	Pickle Chips								
	Corn								
	Diced Peaches								
	Mustard								
	Choice of Milk	X							
01-08-2020									
	*NEW ITEM*								
	GENERAL TSO'S CHICKEN & NOODLES ^	X	X					X	X
	Broccoli								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Fresh Banana								

01-09-2020	Choice of Milk	X							
	MEATLOAF PANINI ^	X						X	X
	Maple Baked Beans								
	Sun Splash Veggie Juice								
	Sliced Apples								
	Ketchup								
	Choice of Milk	X							
01-10-2020									
	FRENCH BREAD CHEESE PIZZA	X							X
	Romaine Salad								
	Light Italian Dressing							X	
	Mixed Fruit Cup								
	Choice of Milk	X							
01-13-2020									
	*MEATLESS MONDAY*								
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Green Beans								
	Applesauce Cup								
	Choice of Milk	X							
01-14-2020									
	CHICKEN TENDERS WITH POTATO WEDGES ^							X	X
	Maple Baked Beans								
	Orange Juice								
	BBQ Sauce							X	
	Ketchup								
	Choice of Milk	X							
01-15-2020									
	BEAN & CHEESE BURRITO ^	X						X	X
	Salsa Cup								
	Whole Kernel Corn								



	Fresh Pear								
	Choice of Milk	X							
01-16-2020									
	POPCORN CHICKEN ^						X	X	
	Mixed Vegetables								
	Fresh Orange								
	BBQ Sauce						X		
	Choice of Milk	X							
01-17-2020									
	SALISBURY STEAK W/GRAVY	X					X	X	
	Sliced Bread ^ (2)	X					X	X	
	Mashed Potatoes	X					X		
	Romaine Salad								
	Light Ranch Dressing	X	X				X		
	Diced Peaches								
	Choice of Milk	X							
-									
	MARTIN LUTHER KING JR.								
01-21-2020									
	PENNE PASTA W/MEAT SAUCE ^	X					X	X	
	Green Beans								
	Mixed Fruit Cup								
	Choice of Milk	X							
01-22-2020									
	Orange Juice								
	Choice of Milk	X							
	PEPPERONI PIZZA	X					X	X	
	Romaine Salad								
	Light Ranch Dressing	X	X				X		
01-23-2020									
	HOT DOG W/ POTATO ROUNDS						X		
	Hot Dog Bun ^	X					X	X	

	Maple Baked Beans							
	Fresh Apple							
	Mustard							
	Ketchup (2)							
	Choice of Milk	X						
01-24-2020								
	CRISPY CHICKEN PATTY ^						X	X
	Hamburger Bun ^	X					X	X
	French Fries						X	
	Fresh Banana							
	Chipotle Ranch	X	X					
	Ketchup							
	Choice of Milk	X						
01-27-2020								
	*NEW RECIPE!***							
	BEEF & BEAN CHILI						X	
	Corn							
	Diced Peaches							
	Corn Muffin ^							X
	Choice of Milk	X						
01-28-2020								
	CHEESE PIZZA	X						X
	Green Beans							
	Orange Juice							
	Choice of Milk	X						
01-29-2020								
	Cheddar Sun Chips ^	X						X
	Choice of Milk	X						
	TURKEY & CHEESE ON A HOAGIE BUN	X					X	X
	Light Mayonnaise		X				X	
	Sun Splash Veggie Juice							
	Fresh Baby Carrots							

	Light Ranch Dressing	X	X					X	
	Diced Pears								
01-30-2020									
	CHEESE LASAGNA ^	X	X					X	X
	Romaine Salad								
	Light Italian Dressing							X	
	Fresh Pear								
	Chocolate Cookie ^							X	X
	Choice of Milk	X							
01-31-2020									
	BAGEL DOG ^							X	X
	Maple Baked Beans								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Mixed Fruit Cup								
	Mustard								
	Ketchup								
	Choice of Milk	X							