

# JANUARY 2015 ELEMENTARY MENU

## DELICIOUS SIDES WITH EVERY MEAL

**ALL ENTREES** shown on menu include **FRESH FRUITS + VEGGIES + MILK** (1% or fat-free chocolate). Apple & Eve 100% Juice is available every Monday with lunch.

## WE PROUDLY SERVE BREAKFAST EVERY DAY

*Each entree is served with Fruit, 100% Fruit Juice and Milk*

- MONDAY** French Toast Sticks **or** Apple Jacks and Cheese Stick **or** Bagel-ful  
**TUESDAY** Chicken Biscuit **or** Trix Cereal and Cheese Stick **or** Bagel-ful  
**WEDNESDAY** Egg and Cheese Bagel **or** Honey Nut Cheerios and Cheese Stick **or** Bagel-ful  
**THURSDAY** Cinnamon Apple or Cranberry Orange Scone with yogurt **or**  
 Apple Cinnamon Cheerios and Cheese Stick **or** Bagel-ful  
**FRIDAY** **New! Sausage Breakfast Sandwich™** **or** Cinnamon Toast Crunch and Cheese Stick **or** Bagel-ful

*Bagel-ful flavors:  
Cinnamon Cream  
Cheese and **NEW!**  
Apple Cinnamon*

## MEAL DETAILS

### SMUCKERS UNCRUSTABLES®

*Crustless Peanut Butter and Jelly Sandwich (Grape or Strawberry) + Low-Fat Cheese (Mozzarella or Colby Jack) + Fruit (seasonal variety) + Vegetables with Dip (seasonal variety) + Fun Shaped Crackers/Pretzels + Milk (Fat-Free Chocolate or 1% White)*

### CHEF SALAD

*Freshly Prepared Salad topped with Meats and/or Cheeses (vegan options available upon request) + Fruit (seasonal variety) + Fun Shaped Crackers/Pretzels + Milk (Fat-Free Chocolate or 1% White)*

### FLATBREAD PIZZA LUNCHEDBLE

*Cheese Topping and Pizza Sauce + Fruit (seasonal variety) + Vegetables with Dip (seasonal variety) + Milk (Fat-Free Chocolate or 1% White)*

### TURKEY AND CHEESE

*FLATBREAD LUNCHEDBLE  
Deli Turkey and Cheese Slices to create a Flatbread Sandwich + Fruit (seasonal variety) + Vegetables with Dip (seasonal variety) + Milk (Fat-Free Chocolate or 1% White)*

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

5

## NO SCHOOL

(SCHOOL BEGINS 1/6)

6

**Gianni's Pizza** + Broccoli (cheese, pepperoni™ or 3-cheese)  
**Turkey and Cheese Flatbread Lunchedible**  
**Smuckers Uncrustable** + Cheese Stick + Crackers or Pretzels  
**Turkey Chef Salad**  
**or Egg Chef Salad**  
 + Crackers or Pretzels

7

**Chicken Tenders** + Mashed Potatoes + Dinner Roll  
**Flatbread Pizza Lunchedible**  
**Smuckers Uncrustable** + Cheese Stick + Crackers or Pretzels  
**Turkey-Ham Chef Salad**  
**or Cheese Chef Salad**  
 + Crackers or Pretzels

8

**Spaghetti & Meatballs™** + Breadstick + Green Beans  
**Asian Chicken** + Rice + Green Beans  
**Smuckers Uncrustable** + Cheese Stick + Crackers or Pretzels  
**Turkey Chef Salad**  
**or Egg Chef Salad**  
 + Crackers or Pretzels

9

**Taco** + Black Beans  
**Cheese Quesadilla** + Black Beans  
**Smuckers Uncrustable** + Cheese Stick + Crackers or Pretzels  
**Turkey-Ham Chef Salad**  
**or Cheese Chef Salad**  
 + Crackers or Pretzels

12

**Gianni's Pizza** + Green Beans (cheese, pepperoni™ or sausage™)  
**Turkey and Cheese Flatbread Lunchedible**  
**Smuckers Uncrustable** + Cheese Stick + Crackers or Pretzels  
**Turkey-Ham Chef Salad**  
**or Cheese Chef Salad**  
 + Crackers or Pretzels

13

**Turkey and Cheese Sub** + Baked Beans™  
**All American Burger** + Baked Beans™  
**Smuckers Uncrustable** + Cheese Stick + Crackers or Pretzels  
**Turkey Chef Salad**  
**or Egg Chef Salad**  
 + Crackers or Pretzels

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**Chicken Sandwich** + Sweet Potato Fries  
**Flatbread Pizza Lunchedible**  
**Smuckers Uncrustable** + Cheese Stick + Crackers or Pretzels  
**Turkey-Ham Chef Salad**  
**or Cheese Chef Salad**  
 + Crackers or Pretzels

15

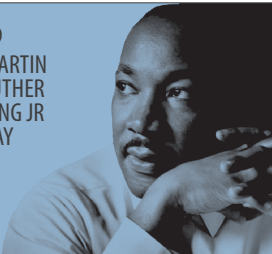
**Chicken Teriyaki** + Rice + Broccoli  
**Baked Pasta**  
 Breadstick + Broccoli  
**Smuckers Uncrustable** + Cheese Stick + Crackers or Pretzels  
**Egg Chef Salad**  
**or Turkey Chef Salad**  
 + Crackers or Pretzels

16

**Rib-B-Que Sandwich™** + Corn  
**Macaroni & Cheese** + Turkey-Ham + Dinner Roll + Corn  
**Smuckers Uncrustable** + Cheese Stick + Crackers or Pretzels  
**Turkey-Ham Chef Salad**  
**or Cheese Chef Salad**  
 + Crackers or Pretzels

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MARTIN LUTHER KING JR DAY



20

**Gianni's Pizza** + Carrots (cheese, pepperoni™ or sausage™)  
**Turkey and Cheese Flatbread Lunchedible**  
**Smuckers Uncrustable** + Cheese Stick + Crackers or Pretzels  
**Turkey Chef Salad**  
**or Egg Chef Salad**  
 + Crackers or Pretzels

21

**Chicken Nuggets** + Mashed Potatoes + Dinner Roll  
**Flatbread Pizza Lunchedible**  
**Smuckers Uncrustable** + Cheese Stick + Crackers or Pretzels  
**Turkey-Ham Chef Salad**  
**or Cheese Chef Salad**  
 + Crackers or Pretzels

22

**Mini Cheeseburger** + Oven Fries  
**Hot Dog** + Oven Fries  
**Smuckers Uncrustable** + Cheese Stick + Crackers or Pretzels  
**Egg Chef Salad**  
**or Turkey Chef Salad**  
 + Crackers or Pretzels

23

**Chicken Ranch Wrap** + Baked Beans™ + Fruit Snack  
**Grilled Cheese** + Baked Beans™ + Fruit Snack  
**Smuckers Uncrustable** + Cheese Stick + Crackers or Pretzels  
**Turkey-Ham Chef Salad**  
**or Cheese Chef Salad**  
 + Crackers or Pretzels

26

**Gianni's Pizza** + Broccoli (cheese, pepperoni™ or 3-cheese)  
**Turkey and Cheese Flatbread Lunchedible**  
**Smuckers Uncrustable** + Cheese Stick + Crackers or Pretzels  
**Turkey-Ham Chef Salad**  
**or Cheese Chef Salad**  
 + Crackers or Pretzels

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**Rib-B-Que Sandwich™** + Corn  
**Macaroni & Cheese** + Turkey-Ham + Dinner Roll + Corn  
**Smuckers Uncrustable** + Cheese Stick + Crackers or Pretzels  
**Turkey Chef Salad**  
**or Egg Chef Salad**  
 + Crackers or Pretzels

28

**Chicken Tenders** + Mashed Potatoes + Dinner Roll  
**Flatbread Pizza Lunchedible**  
**Smuckers Uncrustable** + Cheese Stick + Crackers or Pretzels  
**Turkey-Ham Chef Salad**  
**or Cheese Chef Salad**  
 + Crackers or Pretzels

29

**Spaghetti & Meatballs™** + Breadstick + Green Beans  
**Sweet Chicken Bites** + Rice + Green Beans  
**Smuckers Uncrustable** + Cheese Stick + Crackers or Pretzels  
**Turkey Chef Salad**  
**or Egg Chef Salad**  
 + Crackers or Pretzels

30

**Taco** + Black Beans  
**Cheese Quesadilla** + Black Beans  
**Smuckers Uncrustable** + Cheese Stick + Crackers or Pretzels  
**Turkey-Ham Chef Salad**  
**or Cheese Chef Salad**  
 + Crackers or Pretzels



Seminole County Public Schools Dining Services

**BREAKFAST \$1.50 | LUNCH \$2.25**

Menu is subject to change. 🐷 = Contains Pork

Menus including Ala Carte  
 Menu available online at  
[scpsmenu.com](http://scpsmenu.com)



Pay for breakfast and lunch at  
[mylunchmoney.com](http://mylunchmoney.com)