

Allen Park Public Schools



Elementary—January 2020

USDA IS AN EQUAL OPPORTUNITY PROVIDER

**Happy
New Year**

*Welcome
Back!
We hope you
enjoyed your
break!*

**PAY NO ATTENTION TO
THAT BIRD!**



The clock has not run out!
We accept applications
for free and reduced-price
meals all year long.

Get in touch with us today to learn more about
free and reduced-price meals in our district:
313-827-2185 or @allenparkschools.com

MOVE!

It's in our DNA: the human body is made to MOVE, not to sit still all day, every day. Our earliest ancestors were in motion daily, looking for food. The more we can make sure we're active and moving, the better our health will be.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Word of the Month

car·ing

adj. 1. feeling and showing concern and empathy for others 2. having or displaying warmth or affection 3. concerned; devoted; tender

Monday, January 6

Choice of One
Domino's Smart Slice
Pepperoni Pizza
or
WG Crustless PB&J
or
Salad Bar Meal

Choice of Two
Salad & Fresh Veggie Bar
and
Fresh Fruit or
Fruit Cup or
100% Juice Choice

Hot Vegetable
Green Beans

Tuesday, January 7

Choice of One
Beefy Soft Tacos
w/ Salsa & Sour Cream
or
WG Crustless PB&J
or
Salad Bar Meal

Choice of Two
Salad & Fresh Veggie Bar
and
Fresh Fruit or
Fruit Cup or
100% Juice Choice

Hot Vegetable
Refried Beans

Wednesday, January 8

Choice of One
WG Turkey Corn Dog
Mini Dippers
or
WG Crustless PB&J
or
Salad Bar Meal

Choice of Two
Salad & Fresh Veggie Bar
and
Fresh Fruit or
Fruit Cup or
100% Juice Choice

Hot Vegetable
Broccoli

Thursday, January 9

Choice of One
Hamburger or
Cheeseburger on WG
Bun
or
WG Crustless PB&J
or
Salad Bar Meal

Choice of Two
Salad & Fresh Veggie Bar
and
Fresh Fruit or
Fruit Cup or
100% Juice Choice

Hot Vegetable
Vegetarian Baked Beans

Friday, January 10

Choice of One
WG Bosco Cheese Sticks
w/Sauce
or
WG Crustless PB&J
or
Salad Bar Meal

Choice of Two
Salad & Fresh Veggie Bar
and
Fresh Fruit or
Fruit Cup or
100% Juice Choice

Hot Vegetable
Carrots

100% Juice

Fruit Juices
offered in a
variety of flavors

**MOO
TO YOU, TOO**

CHOICE OF MILK SERVED
WITH ALL COMPLETE MEALS:

LOW-FAT WHITE
FAT-FREE CHOCOLATE
FAT-FREE STRAWBERRY

AVAILABLE DAILY

Hot and Cold Breakfasts are available at Arno, Bennie and Lindemann from 8:05-8:30.

All Breakfasts include main entrée item, low-fat white milk or fat-free chocolate or fat-free strawberry milk, 100% fruit juice choice & fruit. Must TAKE a FRUIT to qualify as a meal.

There is NO charge for Free Meal Benefits.

Reduced meal benefit is \$.30.

Full pay for breakfast is \$1.50

Hot Breakfast Daily:

Monday: Pillsbury Pancakes or

Pillsbury Apple Frudels (entrée alternates every other Monday)

Tuesday: Mini Sausage & Pancake Wraps

Wednesday: Ham-Egg -N-Cheese Muffin Sandwich

Thursday: Bob Evans Sausage Biscuit Mini Twins

Friday: French Toast Sticks or Whole Grain

Pillsbury Mini-Cinnis (entrée alternates every other Friday)

Other Breakfast Entrées are:

WG Crustless PB&J, WG Quaker Breakfast Bar, WG Pop Tarts, WG Mini Bagels, WG Asst. Cereal Choices with (your choice of: Crackers or Sunflower Seeds or Cheese or Peanut Butter cup)

Other Sides Available are:

Yogurt, Sunflower Seeds, String Cheese, American Cheese, Peanut Butter cup, fresh fruit (apples, oranges, bananas, pears-whole or cupped)

Lunch Includes:

Special of the Day, 2 sides* & low-fat white or fat-free chocolate or fat-free strawberry milk choice and fruit or 100% fruit juice choice

* Must take fruit or veggie in order to qualify as a meal. For students who bring their lunch from home, a side salad is available for \$1.25.

Full lunch price is \$2.50 for students. Reduced Meal benefit is \$.40.

No charge for Free Meal benefit.

Snacks & milk are available for \$.50 (Yogurt \$1.00)

Extra entrée available for \$1.25

Salad Bar Meal with crackers

Snacks will change daily & may include:

Animal crackers, honey roasted sunflower seeds, fresh fruit (apples, oranges, bananas, pears-whole or cupped), fruit cups, string cheese, fruit snacks, pretzels, mini Rice Krispies treat, goldfish crackers, 100% fruit juice choice, 100% juice push-up, mini ice cream sandwich, Teddy Grahams, yogurt or cottage cheese.

Beverages include: 100% fruit juice choice, low-fat white, fat-free chocolate or fat-free strawberry milk.

Condiments Available (Vary by day's menu)

Ketchup, Mustard, Mayonnaise, Lite Italian Dressing, Reduced Calorie Ranch Dressing, Marinara Sauce, Salsa, Low-Fat Sour Cream, and Syrup

100% Fruit Juice Choices include: Apple, Orange, or Grape (may vary daily)

MEALS & SNACKS ARE SUBJECT TO CHANGE WITHOUT NOTICE

Monday, January 13

Choice of One

Domino's Smart Slice
Pepperoni Pizza

or
WG Crustless PB&J

or
Salad Bar Meal

Choice of Two

Salad & Fresh Veggie Bar

and
Fresh Fruit or
Fruit Cup or

100% Juice Choice

Hot Vegetable
Mixed Vegetable

Tuesday, January 14

Choice of One

Meaty Cheesy Nachos
w/ Salsa & Sour Cream

or
WG Crustless PB&J

or
Salad Bar Meal

Choice of Two

Salad & Fresh Veggie Bar

and
Fresh Fruit or
Fruit Cup or

100% Juice Choice

Hot Vegetable
Refried Beans

Wednesday, January 15

Choice of One

WG Baked Chicken
Tenders

w/WG Dinner Roll

or
WG Crustless PB&J

or
Salad Bar Meal

Choice of Two

Salad & Fresh Veggie Bar

and
Fresh Fruit or
Fruit Cup or

100% Juice Choice

Hot Vegetable
Carrots

Thursday, January 16

Choice of One

French Toast Sticks
w/Turkey Sausage

or
WG Crustless PB&J

or
Salad Bar Meal

Choice of Two

Salad & Fresh Veggie Bar

and
Fresh Fruit or
Fruit Cup or

100% Juice Choice

Hot Vegetable
Hash Brown Triangle

Friday, January 17

Choice of One

WG Cheese French
Bread Pizza

or
WG Crustless PB&J

or
Salad Bar Meal

Choice of Two

Salad & Fresh Veggie Bar

and
Fresh Fruit or
Fruit Cup or

100% Juice Choice

Hot Vegetable
Green Beans

Monday, January 20



Monday, January 20
No School

Tuesday, January 21

Choice of One

Beefy Soft Tacos
w/ Salsa & Sour Cream

or
WG Crustless PB&J

or
Salad Bar Meal

Choice of Two

Salad & Fresh Veggie Bar

and
Fresh Fruit or
Fruit Cup or

100% Juice Choice

Hot Vegetable
Refried Beans

Wednesday, January 22

Choice of One

WG Baked Chicken
Sandwich on WG Bun

or
WG Crustless PB&J

or
Salad Bar Meal

Choice of Two

Salad & Fresh Veggie Bar

and
Fresh Fruit or
Fruit Cup or

100% Juice Choice

Hot Vegetable
Green Beans

Thursday, January 23

Choice of One

WG Mac & Cheese

or
WG Crustless PB&J

or
Salad Bar Meal

Choice of Two

Salad & Fresh Veggie Bar

and
Fresh Fruit or
Fruit Cup or

100% Juice Choice

Hot Vegetable
Broccoli

Friday, January 24

Choice of One

WG Bosco Cheese Sticks
w/Sauce

or
WG Crustless PB&J

or
Salad Bar Meal

Choice of Two

Salad & Fresh Veggie Bar

and
Fresh Fruit or
Fruit Cup or

100% Juice Choice

Hot Vegetable
Carrots

Monday, January 27

Choice of One

Domino's Smart Slice
Pepperoni Pizza

or
WG Crustless PB&J

or
Salad Bar Meal

Choice of Two

Salad & Fresh Veggie Bar

and
Fresh Fruit or
Fruit Cup or

100% Juice Choice

Hot Vegetable
Green Beans

Tuesday, January 28

Choice of One

Meaty Cheesy Nachos
w/ Salsa & Sour Cream

or
WG Crustless PB&J

or
Salad Bar Meal

Choice of Two

Salad & Fresh Veggie Bar

and
Fresh Fruit or
Fruit Cup or

100% Juice Choice

Hot Vegetable
Refried Beans

Wednesday, January 29

Choice of One

WG Baked Chicken
Nuggets

w/WG Dinner Roll

or
WG Crustless PB&J

or
Salad Bar Meal

Choice of Two

Salad & Fresh Veggie Bar

and
Fresh Fruit or
Fruit Cup or

100% Juice Choice

Hot Vegetable
Carrots

Thursday, January 30

Choice of One

French Toast Sticks
w/Turkey Sausage

or
WG Crustless PB&J

or
Salad Bar Meal

Choice of Two

Salad & Fresh Veggie Bar

and
Fresh Fruit or
Fruit Cup or

100% Juice Choice

Hot Vegetable
Hash Brown Triangle

Friday, January 31

Choice of One

WG Turkey Corn Dog
Mini Dippers

or
WG Crustless PB&J

or
Salad Bar Meal

Choice of Two

Salad & Fresh Veggie Bar

and
Fresh Fruit or
Fruit Cup or

100% Juice Choice

Hot Vegetable
Broccoli