

Pelham Elementary School, 635-7384

January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <i>Holiday Vacation</i> <i>No School</i></p>	<p>3 <u>Trayless Tuesday</u> Chicken Patty/Bun OR *Pick a Lunch</p> <p>Lettuce & Tomato American Cheese Fruit Tray Milk Choices</p>	<p>4 <u>National Spaghetti Day</u> Spaghetti, Meat Sauce or Plain OR *Pick a Lunch</p> <p>Green Beans Wheat Roll Fruit Tray, Milk Choices</p>	<p>5 Baked Cheese Sandwich OR Tuna Melt OR *Pick a Lunch</p> <p>Tomato Soup w/Goldfish Crackers Fruit Tray Milk Choices</p>	<p>6 Gill's Pizza OR *Pick a Lunch</p> <p>Tossed Salad w/Italian Dressing Fruit Tray Milk Choices</p>
<p>9 <u>National Apricot Day</u> Chicken Tenders OR *Pick a Lunch</p> <p>Steamed Corn & Diced Green Peppers Rice Pilaf Fruit Tray, Apricots Milk Choices</p>	<p>10 <u>Trayless Tuesday</u> Egg, Cheese, Ham English Muffin Sandwich OR Pancakes w/Ham OR *Pick a Lunch</p> <p>Potato Rounds Fruit Tray Milk Choices</p>	<p>11 Meatball Sub w/Shredded Cheese OR *Pick a Lunch</p> <p>Chicken Noodle Soup With Saltine Crackers Fruit Tray Milk Choices</p>	<p>12 BBQ Pulled Pork Sandwich OR Turkey & Gravy OR *Pick a Lunch</p> <p>Broccoli Mashed Potato Chocolate Pudding Fruit Tray, Milk Choices</p>	<p>13 Stuffed Crust Pizza OR *Pick a Lunch</p> <p>Caesar Salad Fruit Tray Milk Choices</p>
<p>16 <i>Martin Luther King, Jr. Day</i> <i>No School</i></p>	<p>17 <u>Trayless Tuesday</u> Hot Dog/Bun OR *Pick a Lunch</p> <p>Carrots w/ Ranch Dip Fruit Tray Milk Choices</p>	<p>18 Pasta, Meat Sauce or Plain OR *Pick a Lunch</p> <p>Homemade Veg. Soup French Bread Fruit Tray Milk Choices</p>	<p>19 <u>National Popcorn Day</u> Popcorn Chicken OR *Pick a Lunch</p> <p>Lettuce & Tomato Pita Bread Fruit Tray, Milk Choices</p> <p><i>Ms Vegetable will be serving up POPCORN!</i></p>	<p>20 Gill's Pizza OR *Pick a Lunch</p> <p>Tossed Salad with Buttermilk Ranch Dressing Fruit Tray Milk Choices</p>
<p>23 <i>Teacher Workshop</i> <i>No School</i></p>	<p>24 <u>Trayless Tuesday</u> French Toast Sticks w/Egg & Sausage Scramble OR *Pick a Lunch</p> <p>Hash Brown Fruit Tray Milk Choices</p>	<p>25 Beef Nachos OR *Pick a Lunch</p> <p>Refried Beans Shredded Cheese Salsa Corn Chowder Fruit Tray, Milk Choices</p>	<p>26 Teriyaki Chicken Sandwich OR *Pick a Lunch</p> <p>Pork Stir Fry Rice Broccoli, Pineapple Fortune Cookie Milk Choices</p>	<p>27 Pizza Bar OR *Pick a Lunch</p> <p>Tossed Salad w/Italian Dressing Fruit Tray Milk Choices</p>
<p>30 Chicken Nuggets OR *Pick a Lunch</p> <p>Steamed Rice Sweet Peas Wheat Bread Fruit Tray Milk Choices</p>	<p>31 <u>Trayless Tuesday</u> Hamburger/Bun OR *Pick a Lunch</p> <p>Side Salad American Cheese Fruit Tray Milk Choices</p>	<p>Lunch Prices: \$2.00/meal .40¢ Reduced Lunch, .50¢/8oz milk Apply for Free or Reduced Lunch Program anytime during school year. Application or call 635-7384 <i>This institution is an equal opportunity provider.</i></p>		

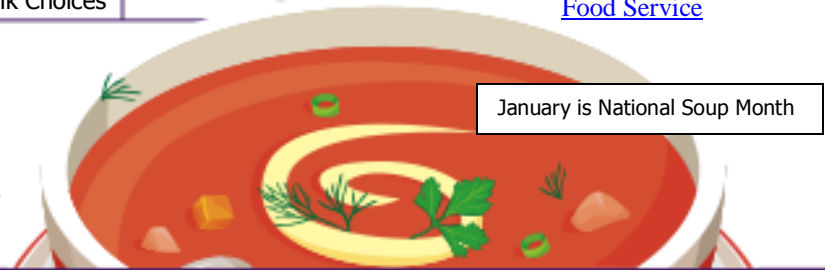
Milk Choices: include fat free chocolate or strawberry, unflavored low fat and skim milk.

***Pick a Lunch Choices:** Jr. Chef Salad, Yogurt Meal, Nacho Combo (Cheese, Tortilla Chips & Salsa) or a Sandwich Meal; Ham & Cheese, Tuna, served on whole wheat or Chicken & Cheese Wrap

All meals include choice of fruit, vegetable & milk

School News

Pelham Food Service has a New Year's Resolution: Take steps towards a Green Program. Our first step is to try "Trayless Tuesdays", to reduce our use of foam trays. For more information on this subject please visit our webpage: [Food Service](#)



January is National Soup Month