

January 2019 Menu Emerson Middle



Al a carte Items

Salad Bar:

- Fresh Seasonal Vegetables
- Fresh Seasonal Fruit
- Chocolate Pudding
- Vanilla Pudding
- Cottage Cheese
- Hard Boiled Eggs
- Mixed Salad Greens
- Ranch Dressing
- Caesar Dressing
- Balsamic Vinaigrette Dressing
- Croutons
- Parmesan Cheese

Grill:

- Curly Seasoned Fries
- Cheeseburger
- Hamburger
- Bosco Sticks
- Marinara Sauce
- Breaded Chicken Sandwich
- Pretzel
- Churro

Crust:

- Peperoni Pizza
- Cheese Pizza
- Sausage Pizza

Salads:

- Caesar Salad

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9	10	11
Mini Chicken Corn Dogs 	Chicken Patty Sandwich Spicy/Regular with Corn 	Beef Tacos with Rice 	Shephard's Pie with Peas 	Waffles with Cheesy HashBrowns
Pasta Bar 	Burrito Bar 	Boneless Wing Bar 	Burger Bar 	Nacho Bar
14	15	16	17	18
Italian Beef Sandwich with Chips 	Pulled Pork Sandwich with Corn 	Quest Plate (Chicken Tenders, Mashed Potatoes & Corn) 	Chili Mac'N'Cheese with Mixed Vegetables 	French Toast Sticks with Cheesy Hashbrowns
Pasta Bar 	Burrito Bar 	Boneless Wing Bar 	Burger Bar 	Nacho Bar

ALLERGENS: =Dairy | =Egg | =Gluten | =Peanuts | =Seafood | =Shellfish | =Soy | =Tree Nuts

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Al a carte Items continued

Crave:

- Choc Chunk Muffin
- Blueberry Muffin
- Brownies
- Cinnamon Rolls
- Cookie
- Yogurt Parfait
- Pudding Parfait

Made To Order Sandwiches:

- Whole Wheat Bread
- French Roll
- Multigrain Bread
- Tomato Focaccia
- Salami
- Pepperoni
- Turkey Ham
- Turkey
- Tuna Salad
- American Cheese
- Provolone Cheese
- Swiss Cheese
- Lettuce
- Tomato
- Onion
- Pickles
- Banana Peppers
- Giardiniera
- Cucumbers
- Black Olives
- Mayonnaise
- Olive Oil
- Vinegar

Monday	Tuesday	Wednesday	Thursday	Friday
21 Beef Orzo Stew with Peas Pasta Bar 	22 Chicken Parmesan with Garlic Noodles Burrito Bar 	23 Sloppy Joes With Chips Boneless Wing Bar 	24 Chicken Tacos with Rice Burger Bar 	25 Waffles with Cheesy HashBrowns Nacho Bar
28 All Beef Hot Dog with Corn Pasta Bar 	29 Chicken Patty Sandwich Spicy or Regular with Curly Fries Burrito Bar 	30 Cheeseburger with Curly Fries Boneless Wing Bar 	31 Greek Lasagna with Peas Burger Bar 	

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If you have questions or comments, please email Lindsey Borchers at: lborchers@d64.org .

For nutritional information please visit: questfmsnutrition.com

Menu changes may be necessary at times, please note nutritional needs will be assessed when making substitutions!