

January 2018

Craig Williams Elementary

LUNCH



Daily Choices Include
1% White Milk or Non-Fat Milk
Yogurt Meal



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

5

Winter Break

SUBMARINE SANDWICH

8

Baby Carrots
 Celery Sticks
 Sun Chips
 Fruit

GRILLED CHEESE SANDWICH

9

Sandwich de Queso
 Zucchini Sticks
 Jicama Sticks
 Fruit

CHICKEN DOUBLE DOGS

10

Perro Caliente de Pollo Doble
 Baked Beans
 Baby Carrots
 Fruit

BEEF CHIMICHANGA

11

Jicama Sticks
 Baby Carrots
 Fruit

CHEESE CALZONE

12

Garden Salad
 Baby Carrots
 Fruit

Martin Luther King Day
Observed

15

TURKEY & CHEESE SANDWICH

16

Torta Italiano
 Celery Sticks
 Jicama Sticks
 Fruit
 Sun Chips

ALL AMERICAN BURGER

17

Corn Cobette
 Baby Carrots
 Fruit

TACO SNACK

18

Bocadillo de Taco
 Jicama Sticks
 Sliced Cucumber
 Fruit

CHEESE CALZONE

19

Garden Salad
 Baby Carrots
 Fruit

SUBMARINE SANDWICH

22

Baby Carrots
 Celery Sticks
 Sun Chips
 Fruit

GRILLED CHEESE SANDWICH

23

Sandwich de Queso
 Zucchini Sticks
 Jicama Sticks
 Fruit

CHICKEN DOUBLE DOGS

24

Perro Caliente de Pollo Doble
 Baked Beans
 Baby Carrots
 Fruit

BEEF CHIMICHANGA

25

Jicama Sticks
 Baby Carrots
 Fruit

Non Student Day

26

CHICKEN SANDWICH

29

Sandwich de Pollo
 Baby Carrots
 Celery Sticks
 Fruit

RIB-B-QUE SANDWICH

30

Zucchini Sticks
 Baby Carrots
 Fruit

ALL AMERICAN BURGER

31

Corn Cobbette
 Sliced Cucumber
 Fruit

