



SIMPLY GOOD



River Falls Elementary January Lunch Menu

1/1	1/2	1/3	1/4	1/5
	Beef Tacos on WG Tortilla Shell served with Sour Cream & Salsa Chicken Fajitas on WG Tortilla Shell Refried Beans Lettuce & Tomato Cups Chilled Mixed Fruit Banana	Hot Dog on Whole Grain Bun Chicken Parmesan served with Seasoned Pasta Seasoned Green Beans Fresh Baby Carrots Chilled Pineapple Tidbits Lunch Bunch Grapes	Diced Chicken & Gravy served with Whole Grain Dinner Rolls Fish Sticks served with Whole Grain Dinner Roll Mashed Potatoes & Gravy Fresh Broccoli Buds Chilled Diced Peaches Fresh Apple Wedges	Pancakes, Syrup & Sausage Patties BBQ Diced Chicken on WG Bun Seasoned Sliced Carrots Fresh Snap Peas Chilled Applesauce Fresh Orange Wedges
1/8	1/9	1/10	1/11	1/12
Chicken Breast Tenders & Whole Grain Dinner Roll Turkey & Cheese on Whole Grain Bun Mashed Potatoes & Gravy Baby Carrots Chilled Diced Pears Fresh Apple Wedges	Cheeseburger on Whole Grain Bun Tater Tot casserole served with Whole Grain Bread Slices Oven Baked Beans Confetti Cole Slaw Baked Cinnamon Apple Slices Banana	Meatballs in Zesty Marinara Sauce served with WG Pasta & Dinner Roll Chicken & Cheese Salad served with Whole Grain Dinner Roll Seasoned Corn Baby Carrots Chilled Pineapple Tidbits Fresh Orange Wedges	Oven Baked Mini Corn Dogs Italian Meatball Sub on Whole Grain Bun Seasoned Curly Fries Caesar Romaine Side Salad Chilled Diced Peaches Fresh Apple Wedges	Classic Cheese Pizza Teriyaki Glazed Chicken served with Brown Rice Seasoned Sliced Carrots Fresh Broccoli Buds Rosy Applesauce Fresh Orange Wedges
1/15	1/16	1/17	1/18	1/19
NO SCHOOL 	French Toast Sticks, Syrup & Scrambled Eggs *Hot Ham & Cheese on Whole Grain Bun Seasoned Corn Fresh Baby Carrots Chilled Mixed Fruit Fresh Apple Wedges	Chicken Alfredo Pasta & Whole Grain Dinner Roll *BBQ Riblet on Whole Grain Bun Seasoned Peas & Carrots Fresh Broccoli Buds Chilled Pineapple Tidbits Lunch Bunch Grapes	Beef Nachos with Cheese Sauce & Brown Rice Fish Sandwich on Whole Grain Bun Refried Beans Lettuce & Tomato Cups Chilled Diced Peaches Fresh Apple Wedges	Toasted Cheese Sandwich on Whole Grain Bread Sloppy Joe on Whole Grain Bun Tomato Soup Fresh Baby Carrots Chilled Applesauce Fresh Orange Wedges
1/22	1/23	1/24	1/25	1/26
Hamburger on Whole Grain Bun Sweet & Sour Chicken served with Brown Rice Au gratin Potatoes Fresh Cucumber Slices Chilled Diced Pears Fresh Apple Wedges	Pizza Dippers served with Marinara Sauce Swedish Meatballs served over Whole Grain Pasta & Dinner Roll Oven Baked Beans Fresh Baby Carrots Baked Cinnamon Apple Slices Banana	Chicken Nuggets served with Whole Grain Dinner Roll Double Cheese Salad served with Whole Grain Dinner Roll Mashed Potatoes & Gravy Fresh Broccoli Buds Chilled Pineapple Tidbits Fresh Orange Wedges	Oven Baked Corn Dog Italian Baked Pasta served with Whole Grain Dinner Roll Oven Baked Tater Tots Fresh Baby Carrots Chilled Diced Peaches Fresh Apple Wedges	Classic Cheese Pizza Egg Salad Sandwich on Whole Grain Hoagie Seasoned Corn Caesar Romaine Side Salad Chilled Applesauce Fresh Orange Wedges
1/29	1/30	1/31		
Pancakes, Syrup & Sausage Patties BBQ Diced Chicken on WG Bun Sliced Seasoned Carrots Fresh Celery Sticks Chilled Pears Fresh Apple Wedges	Beef Tacos on WG Tortilla Shell served with Sour Cream & Salsa Chicken Fajitas on WG Tortilla Shell Refried Beans Lettuce & Tomato Cups Chilled Mixed Fruit Banana	Hot Dog on Whole Grain Bun Chicken Parmesan served with Seasoned Pasta Seasoned Green Beans Fresh Baby Carrots Chilled Pineapple Tidbits Lunch Bunch Grapes		

A full student lunch includes a choice of entrée supplying a protein and grain, vegetable side dishes, fruit side dishes and a choice of milk. Milk choices include 1%, Skim and Chocolate Skim.

Student Price - \$2.45

Reduced Price - \$4.00

Adult price - \$3.70

Milk 1/2 pint - \$0.50

Menu is subject to change without notice. Questions or Comments? Please contact Dining Services at 715-425-1830 ext. 3786

"This institution is an Equal Opportunity Provider."

Director of Dining Services: Sherry Bruggeman