



Neenah Elementary Schools Menu - January - *HEALTHY FOOD FOCUS: CITRUS FRUITS*

Student Lunch: \$2.50 Reduced Price: \$0.40 Milk: \$0.40 Extra Meal: \$2.70 Extra Entrée: \$2.50 Adult Lunch: \$3.80

A full student lunch includes a choice of entrée supplying protein and grain, vegetable side dishes, fruit side dishes, and milk.

Milk choices include skim white, 1% white and skim chocolate.

A cold vegetable and fruit bar is available daily on which we feature a variety of vegetables and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices. See back of menu for this month's featured selections. We also offer at least one hot vegetable daily on our serving line.

Monday	Tuesday	Wednesday	Thursday	Friday
"eat. learn. live." Week is January 11th through 15th. Students are encouraged to try our special citrus-themed recipes, enjoy cooking demonstrations and sampling at all grade levels.		 <p>ORANGE You Glad for Vitamin C?</p>		<p>Citrus fruits are an excellent source of Vitamin C, which helps keep the immune system healthy. They are also high in fiber and other vitamins, such as folate, which helps our body make healthy blood cells.</p> 
4	5	6	7	8
WG Classic Cheese Pizza	WG Popcorn Chicken, Mashed Potatoes & Gravy	Pork Macho Nachos	Chicken Parmesan over WG Penne	WG Crispy Fish Soft Taco w/ Cilantro Lime Brown Rice <i>Treat: Chocolate Pudding</i>
11	12	13	14	15
Ham & Cheese WG Wrap w/ Oven Baked Potato Wedges	Breakfast for Lunch WG French Toast Sticks w/ Sausage Patty	Orange Crush Homemade Granola Parfait	WG Chicken Nuggets & Buffalo Ranch Sauce w/ Sweet Potato Puffs	Early Dismissal/Grab & Go WG Smucker's Uncrustable, Fresh Baby Carrots, Juice Box <i>Treat: WG Chocolate Chip Cookie</i>
18	19	20	21	22
WG Mini Chicken Corn Dogs	Toasty Cheese Sandwich on WG Bread w/ Campbell's Tomato Soup	Fun Bag Lunch WG Chocolate Chip Muffin, Strawberry Yogurt, String Cheese	Beef Lasagna	Classic American Cheeseburger on WG Bun
25	26	27	28	29
Walking Tacos	Vegetarian Chili & Steamed Brown Rice w/ WG Breadstick	Creamy Chicken Broccoli Casserole	Ham & Cheese Melt on WG Bagel w/ WG Cheddar Goldfish	No School
Alternate Entrees (available with daily hot vegetable offering, your choice[s] from our fruit/vegetable bar, and choice of milk) :				
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
WG Chicken Nuggets	WG Pizza Dippers	WG Crispy Chicken Sandwich	WG Classic Cheese Pizza	WG Pancakes w/ Sausage Patty
WG Smucker's Uncrustable w/ String Cheese	WG Smucker's Uncrustable w/ String Cheese	WG Smucker's Uncrustable w/ String Cheese	WG Smucker's Uncrustable w/ String Cheese	WG Smucker's Uncrustable w/ String Cheese
Cheese Chef Salad w/ WG Bagel	Cheese Chef Salad w/ WG Bagel	Cheese Chef Salad w/ WG Bagel	Cheese Chef Salad w/ WG Bagel	Cheese Chef Salad w/ WG Bagel

Menus subject to change without notice. Please visit www.neenah.k12.wi.us for our most current menu.

Questions or comments?

Please call Michele Stahmann, Dining Services Director at 920-751-6800 x 10150



Go to MyPlate.gov for online personal wellness resources for you and your family.

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School Foodservice Information

Price: \$2.50 paid, \$ 0.40 reduced*, free* (*if qualified), \$0.40 milk, \$2.70 extra meal, \$2.50 extra entree, \$3.80 adult lunch

No advance registration necessary! All students are welcome every day!

Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.

Our guidelines:

Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans

Provide more whole grain foods, such as brown rice and whole wheat

Encourage lean proteins including vegetarian and plant based

Reduce unhealthy fats, sodium, and sugar

Continue Chartwells' dedication to earth and community friendly practices by serving hormone free milk, poultry products without the routine use of antibiotics, sustainable seafood, cage free shell eggs, and locally grown produce

To learn more about Chartwells go to www.EatLearnLive.com .



Now Hiring!





Enjoy summers and school year breaks with your kids! Chartwells, an independent contractor for the Neenah Joint School District, is NOW HIRING for Food Service positions. Apply online at www.compassgroupcareers.com. For specific questions contact Michele at 920-751-6800



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This Month's Fruit and Vegetable Bar Featured Selections:

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Break				
January 4-8				
Steamed Green Peas	Steamed Golden Corn	Vegetarian Refried Beans	Steamed Broccoli	Steamed Peas & Carrots
Fresh Baby Carrots	Dark Greens Salad	Fresh Green Peas	Kidney Bean Salad	Fresh Broccoli Florets
Seedless Raisins	Fresh Strawberries	Seedless Raisins	Fresh Blueberries	Sliced Peas
Sliced Peaches	Applesauce	Fresh Banana	Sliced Apples	 Fresh Apple
January 11-15				
Baked Potato Wedges	Steamed Golden Corn	Steamed Peas & Carrots	Sweet Potato Puffs	Early Dismissal
Kidney Bean Salad	Dark Greens Salad	Fresh Broccoli Florets	Citrus Black Bean Salad	
Seedless Raisins	Fresh Strawberries	Seedless Raisins	Fresh Blueberries	
Fresh Orange	Citrusy Cucumber Salad	 Fresh Apple	Cinnamon Apple Slices	
January 18-22				
Steamed Carrots	Steamed Golden Corn	Steamed Green Peas	Tender Green Beans	Steamed Peas & Carrots
Citrus Black Bean Salad	Dark Greens Salad	Fresh Spinach	Kidney Bean Salad	Fresh Broccoli Florets
Seedless Raisins	Fresh Strawberries	Seedless Raisins	Fresh Blueberries	Fresh Strawberries
Cinnamon Applesauce	Mandarin Oranges	Fresh Banana	Sliced Apples	 Fresh Apple
January 25-29				
Vegetarian Refried Beans	Baked Potato Wedges	Tender Green Beans	Steamed Golden Corn	No School
Kidney Bean Salad	Dark Greens Salad	Fresh Green Peas	Citrus Black Bean Salad	
 Seedless Raisins	Fresh Strawberries	Seedless Raisins	Fresh Blueberries	
Mixed Fruit Cocktail	Cinnamon Apple Slices	Fresh Apple	Sliced Peaches	