

January 2010

Academie Lafayette

All Meals include 8oz. Milk. Lunch choice is Chocolate or Strawberry Skim or 2% White

IOM Recommends New Standards
 The Institute of Medicine provided USDA with recommendations for improved nutrient targets for school meals. Goals for more fruits and vegetables, minimum and maximum calories, and reduced sodium could become law when Congress reauthorizes federal nutrition programs. Google "Building Blocks for Healthy Children" to learn more.

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
11 Bagelful Orange Juice Hot Dog on Wheat Bun w/ Ketchup & Mustard Baked Beans Apple- Hand Fruit	12 Yogurt Honey Wheat Bar Banana - Fresh Fruit Chicken Patty Sandwich w/ Salad Dressing Tossed Salad w/ Spinach & Ranch Dressing Fresh Pear – Hand Fruit	13 French Toast Sticks w/ Syrup Apple Juice Turkey Sandwich w/ Mustard & Salad Dressing Carrot Sticks w/ Ranch Dressing Orange – Hand Fruit	14 Pancake on a stick w/ Syrup Apple – Fresh Fruit Beef Steak Fingers Mashed Potatoes & Gravy Broccoli w/ Ranch Dressing Wheat Bread w/ Margarine	15 Frosted Flakes Cereal Super Cinnamon Bun Orange Juice Chicken Fried Rice Oriental Vegetables Fortune Cookie Apple -Hand Fruit
18 Closed For Holiday	19 French Toast w/ Margarine & Syrup Apple – Fresh Fruit Corn Dog Potato Salad Golden Delicious Apple	20 Breakfast Hot Pocket Apple Juice Chili Mac Tossed Salad w/ Spinach & Ranch Dressing Banana – Hand Fruit	21 Bagel w/ Cream Cheese Red Delicious Apple Burrito w/ Taco Sauce Nacho Chips Shredded Lettuce with Diced Tomatoes Mixed Fruit	22 Cheerios Cereal Blueberry Muffin w/ Margarine Orange Juice BBQ Beef on Wheat Bun Seasoned Corn Banana
25 Yogurt Cinnamon Swirl Orange Juice Chicken Tenders BBQ dipping sauce Mixed Vegetables Oranges - Hand Fruit	26 Pancake on a stick w/ Syrup Apple Fish Sandwich Tossed Salad w/ Spinach & Ranch Dressing Mixed Fruit	27 Cheerios Cereal Blueberry Muffin w/ Margarine Apple Juice Chicken Alfredo Over Pene Pasta Tossed Salad w/ Spinach & Ranch Dressing Diced Pears Bread Stick	28 Turkey Sausage Biscuit w/ Jelly Banana - Fresh Fruit Burger on Bun (Cheese on side) w/ Ketchup & Mustard Potato Wedges Applesauce	29 Mini Pancakes w/ Margarine & Syrup Orange Juice Taco Salad w/ Taco Sauce Mexican Corn Diced Pears



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Treat America School Food Service
 Manager

Menu subject to change

Susan Young – K-12 General