

Darien Public Schools Elementary Menu

February 2019

This institution is an equal opportunity provider. Substitutions may occur without notice

LUNCH PRICES 2018-2019	
K-5	\$3.55
ADULT	\$3.85
MILK	\$0.75

Nutritional Focus for 2018-2019 School Year:

Focus on fresh produce, with a variety of salads offered everyday: Garden Salad, Carrot & Raisin Salad, Tricolor Veggie Pasta Salad, Tomato, Basil & Mozzarella Salad, and Broccoli Slaw.

The use of Coleman's All Natural Product Line Including Chicken, Hot Dog and Beef.

All Natural- Made from Scratch Menu Items.

Available to the 3rd, 4th, & 5th grade daily
Boars Head Sandwich Boat \$4.75
Sal's Organic Pizza w/Beverage \$3.00
Chicken Tender Salad \$4.50

FRIDAY, FEBRUARY 1

Trout Treasures Fish Tales
Sweet Potato Fries
California Blend Veggies
Cheddar Cheese Biscuit
Fruit Assortment
Sherbet Cup
Milk
CALORIES: 672 - 756 - 786
Alt: Toasted Cheese
on Whole Wheat Bread

MONDAY, FEBRUARY 4

Low Fat Bosco Sticks
w/Marinara Sauce
Kale & Blueberry Salad
Melon & Grape Cup
Milk

CALORIES: 634 - 682 - 785

Alt: BBQ Rib
on Club Roll

TUESDAY, FEBRUARY 5

Belgian Waffle Sticks
w/Strawberries
Turkey Sausage Links
Hash Brown Pattie
Applesauce Cup
Milk

CALORIES: 688 - 726 - 785

Alt: All Natural Hot Dog
on Whole Wheat Bun

WEDNESDAY, FEBRUARY 6

Multi Grain Mini Cheese
Ravioli w/Sauce
Loaded Veggie Salad
w/Low Fat Dressing
French Bread
Luigi's Italian Ice
Milk

CALORIES: 658 - 722 - 785

Alt: Chicken Pattie
on Whole Wheat Bun

THURSDAY, FEBRUARY 7

SLIDER DAY
Breaded Chicken or
Beef Sliders
Sweet Potato Wedges
Broccoli Slaw
Mandarin Oranges
Milk

CALORIES: 710 - 732 - 778

Alt: Meatball Sub

FRIDAY, FEBRUARY 8

Darien's Own Homemade
Macaroni & Cheese
California Blend Veggies
Whole Wheat Dinner Roll
Homemade Pumpkin Cake
Milk

CALORIES: 730 - 785

Alt: Tuna Salad or Turkey
on Club Roll

MONDAY, FEBRUARY 11	TUESDAY, FEBRUARY 12	WEDNESDAY, FEBRUARY 13	THURSDAY, FEBRUARY 14	FRIDAY, FEBRUARY 15
French Bread Pizza Loaded Veggie Salad w/Low Fat Dressing Peach Cup Milk CALORIES: 638 - 740 - 786 Alt: All Natural Hot Dog on Whole Wheat Bun	WW Cinnamon Pancakes w/Blueberries Turkey Sausage Pattie Breakfast Potatoes Applesauce Cup Milk CALORIES: 688 - 728 - 785 Alt: BBQ Rib on Club Roll	ITALIAN DAY Lasagna, Stuffed Rigatoni or Mini Cheese Ravioli w/Sauce Peach Salad French Bread Sherbet Cup Milk CALORIES: 640 - 728 - 792 Alt: Chicken Pattie on Whole Wheat Bun	Chicken & Salsa or Cheese Quesadilla Cowboy Quinoa Mexican Corn Cinnamon Churros Pineapple Tidbits Milk CALORIES: 688 - 726 - 785 Alt: Meatball Sub	NO SCHOOL PROFESSIONAL DEVELOPMENT

MONDAY, FEBRUARY 18	TUESDAY, FEBRUARY 19	WEDNESDAY, FEBRUARY 20	THURSDAY, FEBRUARY 21	FRIDAY, FEBRUARY 22
NO SCHOOL PRESIDENTS DAY	NO SCHOOL FEBRUARY RECESS	NO SCHOOL FEBRUARY RECESS	NO SCHOOL FEBRUARY RECESS	NO SCHOOL FEBRUARY RECESS

MONDAY, FEBRUARY 25	TUESDAY, FEBRUARY 26	WEDNESDAY, FEBRUARY 27	THURSDAY, FEBRUARY 28	FRIDAY, MARCH 1
Whole Grain Chicken Nuggets Sweet Potato Fries Broccoli Slaw Whole Wheat Dinner Roll Assorted Fruit Milk CALORIES: 638 - 735 Alt: BBQ Rib on Club Roll	Whole Wheat French Toast Sticks w/All Natural Syrup Turkey Sausage Links Hash Brown Pattie Applesauce Cup Milk CALORIES: 688 - 728 - 785 Alt: All Natural Hot Dog on Whole Wheat Bun	Whole Wheat Rotini Pasta w/Meat Sauce Peach Salad French Bread Luigi's Italian Ice Milk CALORIES: 642 - 730 - 785 Alt: Chicken Pattie on Whole Wheat Bun	Roasted Turkey & Gravy Whipped Honey Roasted Sweet Potatoes Steamed & Seasoned Zucchini & Yellow Squash Whole Wheat Dinner Roll Apple or Pumpkin Pie Milk CALORIES: 672 - 771 - 790 Alt: Meatball Sub	Homemade Turkey, Brown Rice & Veggie Soup Toasted Cheese on WW Bread Eggplant Fries Assorted Salads Assorted Fruit Milk CALORIES: 643 - 728 - 785 Alt: All Natural Hamburger or Cheeseburger on WW Bun

Ala Carte Menu Items: Chicken Tender Salad, Whole Wheat Breads & Pizza, hummus w/veggies, hummus w/pretzels, Low Fat Muffins,
 Bagged Graham & Cheese Crackers, Low Sodium Hot Pretzels, Bagged Apples, Yogurt, String Cheese, Low Fat Milk, 100% Juice, Bottled Water