



Prince George's County Public Schools

ES Lunch Menu (K-8)

JANUARY 2023

+ Item is Meatless
 * Item Contains Pork
¹ Item Contains Beef
² Item Contains Turkey

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/2 New Year's Day (Observed) Schools & Offices Closed	1/3 - Cheese Pizza Bagel+ - Turkey Ham & Cheese on Croissant - Limited Produce - - Emoji Shaped Potatoes - Steamed Broccoli - Pineapple Tidbits Fluid Milk	1/4 - Fiesta Nachos ¹ - Turkey Bacon and Cheese Club Wrap - Limited Produce - - Steamed Sweet Corn - Seasoned Black Beans - Red Gold Salsa Cup - Diced Peach Cup Fluid Milk	1/5 - Chicken Patty Sandwich - Turkey Italian & Cheese Sub - Chicken Salad Platter w/Savory Crackers - Vegetarian Baked Beans - Celery Sticks - Fresh Apple Slices Fluid Milk	1/6 - Fish Filet Sandwich or Bean and Cheese Papusa+ - Chicken Salad on Croissant Roll - Yogurt, Cheese Stick & Fruit w/Savory Crackers - Sweet Potato Fries - Steamed Peas and Carrots - Red Gold Salsa Cup - Mixed Fruit Cup Fluid Milk
1/9 - Chicken Nuggets w/Waffles - Turkey Italian & Cheese Sub - Egg & Cheese Salad Platter w/Savory Crackers - Baked Plantains - Steamed Mixed Vegetables - Mandarin Oranges Fluid Milk	1/10 - Toasted Cheese Sandwich or Green Chili and Cheese Tamale+ - Turkey Ham & Cheese Sandwich - Popcorn Chicken Salad Platter w/Savory Crackers - Tomato Soup - Steamed California Blend Vegetables - Red Gold Salsa Cup - Fresh Apple Slices Fluid Milk	1/11 - Mandarin Orange Chicken w/ Vegetable Brown Rice Pilaf - Turkey & Cheese Sandwich - Chicken Salad Platter w/Savory Crackers - Steamed Broccoli - Steamed Carrots - Assorted Fruit Cup Fluid Milk	1/12 - Café Burger ¹ on Bun - Chicken Salad on Croissant Roll - Yogurt, Cheese Stick & Fruit Salad Platter w/Savory Crackers - Emoji Shaped Potatoes - Creamy Coleslaw - Fresh Orange Wedges Fluid Milk	1/13 - Turkey Hot Dog on Bun - Turkey Ham & Cheese Sandwich - Cheese & Veggie Salad Platter w/Savory Crackers - Vegetarian Baked Beans - Celery Sticks - Frozen Fruit Cup Fluid Milk
1/2 Martin Luther King Jr. Holiday Schools & Offices Closed	1/17 - 3 Cheese Cavatappi Pasta, w/Diced Chicken - Turkey Ham & Cheese Sandwich - Chef Salad Platter w/Savory Crackers - Steamed Broccoli - Fresh Cut Cucumbers and Tomatoes - Fresh Apple Slices Fluid Milk	1/18 - Chicken Drumstick w/Vegetable Rice Pilaf - Turkey & Cheese Sandwich - Chicken Salad Platter w/Savory Crackers - Baked Plantains - Seasoned Collard Greens - Assorted Fruit Cup Fluid Milk	1/19 - Turkey Corn Dog Nuggets or Green Chili and Cheese Tamale+ - Chicken Salad on Croissant Roll - Cheese & Veggie Salad Platter w/Savory Crackers - Vegetarian Baked Beans - Steamed Sweet Corn - Red Gold Salsa Cup - Fresh Orange Wedges Fluid Milk	1/20 - Café Burger ¹ on Bun - Turkey Ham & Cheese Sandwich - Popcorn Chicken Salad Platter w/Savory Crackers - Crinkle Cut Fries - Tuscan Kale Salad - Fresh Pear Fluid Milk
1/23 - 4x6 Cheese Pizza+ - Turkey Italian & Cheese Sub - Egg & Cheese Salad Platter w/Savory Crackers - Steamed California Blend Vegetables - Baby Carrots - Mandarin Oranges Fluid Milk	1/24 - Sweet Beef & Cheese Nachos ¹ - Turkey Ham & Cheese Sandwich - Chef Salad Platter w/Savory Crackers - Tater Tots - Steamed Mixed Vegetables - Red Gold Salsa Cup - Fresh Sliced Apples Fluid Milk	1/25 - Chicken Tenders w/Waffles - Turkey & Cheese Sandwich - Fiesta Chicken Salad Platter w/Savory Crackers - Sweet Potato Fries - Vegetarian Baked Beans - Assorted Fruit Cup Fluid Milk	1/26 - Teriyaki Chicken w/Brown Rice - Turkey Italian & Cheese Sub - Cheese & Veggie Salad Platter w/Savory Crackers - Steamed Broccoli - Steamed Carrots - Fresh Oranges Fluid Milk	1/27 - Fish Filet Sandwich or Bean and Cheese Papusa+ - Turkey Ham & Cheese Sandwich - Yogurt, Fruit & Cheese Pack w/Savory Crackers - Emoji Shaped Potatoes - Cabbage Coleslaw - Red Gold Salsa Cup - Applesauce Cup Fluid Milk
1/30 - Macaroni & Cheese+ - Turkey Italian & Cheese Sub - Egg & Cheese Salad Platter w/Savory Crackers - Steamed Broccoli - Fresh Cut Cucumbers and Tomatoes - Mandarin Oranges Fluid Milk	1/31 - Chicken Drumstick w/Vegetable Rice Pilaf - Turkey Ham & Cheese Sandwich - Chef Salad Platter) w/Savory Crackers - Baked Plantains - Seasoned Collard Greens - Fresh Apple Slices Fluid Milk	Full Student Lunch Includes: <ul style="list-style-type: none"> • Choice of entrée (meat/meat alternate and grain), • Up to two vegetables servings, • A choice of one fruit serving, and • A choice of one milk serving 	Available Daily: Peanut Butter & Jelly Sandwich w/Cheese Stick Garden Salad Assorted Seasonal Fresh Fruit Assorted Fruit Cup Assorted Milk includes Fat Free Milk (Chocolate, Strawberry, Plain White) and 1% Low-Fat White Milk 100% Fruit Juice is offered on Tuesday and Thursday. Note: Students will be offered an additional grain item with the cold Deli Sandwiches. Student is NOT required to take the extra grain.	