

# Florida Union Free School District

## S. S. Seward Institute Menu

**January 2012**

<p>School Prices Lunch \$2.65 Breakfast \$1.40 Milk \$ .50</p> <p><b>Breakfast Served Daily By Mary Choice of Hot Special, Bagel, Roll, Cereal with Juice &amp; Milk</b></p> <p>Available Daily Dawn's Salad Bar Lunch Sue's Assorted Sandwiches Pizza, or Burgers, With Salad Bar, Soup, or Vegetable</p> <p><b>All Breakfasts and Lunches are served with 1% Fat or Fat Free Milk 100% Fruit Juice Available Every Day</b></p> <p>For information about the Food Service Program call 651-1480</p> <p>Menu subject to change</p>	<p>2 <b>Winter Recess</b></p>  <p>School Closed</p>	<p>3</p> <p>Chicken Patty on Bun Oven Potatoes Peas &amp; Carrots Assorted Fruit Choices</p>	<p>4 - <b>Brunch Lunch -</b></p> <p>Orange Juice French Toast with Syrup Turkey Sausage Potato Puffs Assorted Fruit Choice</p>	<p>5</p> <p>Tortilla Chips, Cheese &amp; Taco Seasoned Meat Rice &amp; Beans, Salsa Corn Assorted Fruit Choices</p>	<p>6</p> <p>Buffalo Pizza or Fish Fillet on Bun With Tartar Sauce Oven Fries Cole Slaw Assorted Fruit Choices</p>
	<p>9</p> <p>Cheese Stuffed Bread Sticks Marinara Dip Chef Salad (Ham &amp; Turkey) Assorted Fruit Choices</p>	<p>10</p> <p>Chicken Fajita with Peppers &amp; Onions Rice &amp; Salsa Assorted Fruit Choices</p>	<p>11</p> <p>Inge's Homemade Soup Turkey &amp; Cheese Panini Broccoli Assorted Fruit Choices</p>	<p>12</p> <p>Laurie's Lasagna Italian Vegetables Garlic Bread Assorted Fruit Choices</p>	<p>13 <b>Early Dismissal</b></p>  <p>at 10:30 a.m.</p>
	<p>16 Dr. M.L. King Jr. Day</p>  <p>Schools Closed</p>	<p>17</p> <p>Oven Fried Chicken Whipped Potatoes Peas &amp; Carrots, Roll Assorted Fruit Choices</p>	<p>18</p> <p>Meatball Parmigiana Hero Green Beans Assorted Fruit Choices</p>	<p>19</p> <p>Buffalo Chicken on Bun Carrot &amp; Celery Sticks Oven Potatoes Assorted Fruit Choices</p>	<p>20</p> <p>Meat-Lover's Pizza or Fish Fillet on Bun With Tartar Sauce Oven Fries Cole Slaw Assorted Fruit Choices</p>
	<p>23</p> <p>Chicken Nuggets/Gravy Whipped Potatoes Corn, Roll Assorted Fruit Choices</p>	<p>24</p> <p>Deluxe Bacon Hamburger or Cheeseburger on Bun Oven Wedges Green Beans Assorted Fruit Choices</p>	<p>25 -<b>Brunch Lunch -</b></p> <p>Orange Juice French Toast with Strawberries Turkey Sausage Potato Puffs Assorted Fruit Choice</p>	<p>26</p> <p>Pasta with Meat Sauce Green Beans Garlic Bread Assorted Fruit Choices</p>	<p>27</p> <p>100% Juice Cheese Pizza or Pepperoni Pizza Steamed Broccoli Assorted Fruit Choices</p>
	<p>30</p> <p>Tortilla Chips, Cheese &amp; Taco Seasoned Meat Rice &amp; Beans, Salsa Assorted Fruit Choices</p>	<p>31</p> <p>Roast Chicken Smashed Potato/Gravy Peas &amp; Carrots WW Roll Assorted Fruit Choices</p>	<p><b>The Grain Group</b></p>  <p>Choose <b>MyPlate</b> gov</p>	<p>Grain Group is made up of foods from wheat, rice, oats, cornmeal, barley and other cereal grains. Try to add more whole grains to your diet, grains which contain the whole kernel like whole wheat flour, brown rice, bulgur and whole cornmeal.</p>	<p>Consuming whole grains as part of a healthy diet may prevent heart disease. Grains are important sources of many nutrients, including dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).</p>

