

Roswell Independent School District
ELEMENTARY SCHOOL

Choice of Fat Free Chocolate (20g),
 Fat Free Strawberry (20g), or 1% White Milk (13g)
 Parkview only has 1% White Milk (13g) Offered

JANUARY 2019

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY									
MON		TUE	1	WED	2	THU	3	FRI	4
~BREAKFAST~									
NO SCHOOL									
~LUNCH~									
NO SCHOOL									
MON	7	TUE	8	WED	9	THU	10	FRI	11
~BREAKFAST~									
WK 2 NO SCHOOL									
Tony's Sausage Bk Pizza (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
Morning Roll (17g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
French Toast Sticks (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
BeneFit Bars (48g) Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
~LUNCH~									
NO SCHOOL									
Pork Chop (11g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)									
Frito Pie (38g), Corn (16g), Peaches (16g)									
Corn Dog (33g), Fries (27g), Pineapple (17g)									
Cheesy Nachos (46g), Beans (13g), Sliced Apples (8g)									
MON	14	TUE	15	WED	16	THU	17	FRI	18
~BREAKFAST~									
WK 3 Mini Waffles (38g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
Mini Corn Dogs (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
Mini Bagels w/Cream Cheese (41g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
Goody Ring (29g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
Burrito (@36g) (HS/MS) Cereal Breaks (Elem Only) (58g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
~LUNCH~									
Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Baby Carrots (6g), Seasonal Fruit (~15g)									
BBQ Dippers (9g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)									
Deli Sandwich (ELEM) (22g), Lettuce/Tomato (2g), Baby Carrots (6g), Pineapple (~17g)									
Chicken Fajitas (33g), Beans (23g), Salad w/ Diced Tomatoes (3g), Peaches (16g)									
Spaghetti (37g), Green Beans (4g), Sliced Apples (~15)									
MON	21	TUE	22	WED	23	THU	24	FRI	25
~BREAKFAST~									
WK 1 NO SCHOOL									
Pancake on Stick (17g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
Egg & Cheese Bun (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
Muffin (40g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
Bug Bite Crackers (21g) & Yogurt (19g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
~LUNCH~									
NO SCHOOL									
Chicken Nuggets (13g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)									
Hamburger (24g), Lettuce/Tomato (2g) Fresh Carrots/Broccoli (6g), Peaches (~16g)									
Tangerine Chicken (25g), Brown Rice (33g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g), Rice Crispy Treat (37g), Fortune Cookie (5g)									
Mac & Cheese (55g), Green Beans (4g), Sliced Apples (~15)									
MON	28	TUE	29	WED	30	THU	31	FRI	1
~BREAKFAST~									
WK 2 Cinnamon Roll (42g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
Tony's Sausage Bk Pizza (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
Morning Roll (17g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
French Toast Sticks (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
BeneFit Bars (48g) Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
~LUNCH~									
BBQ Chicken Leg (7g), Green Beans (4g), Whole Wheat Roll (29g), Seasonal Fruit (~15g)									
Pork Chop (11g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)									
Frito Pie (38g), Corn (16g), Peaches (16g)									
Corn Dog (33g), Fries (27g), Pineapple (17g)									
Cheesy Nachos (46g), Beans (13g), Sliced Apples (8g)									