



BLISSFIELD ELEMENTARY

LUNCH MENU

JANUARY 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
MENU IS SUBJECT TO CHANGE. NOTICE WILL BE GIVEN WHENEVER POSSIBLE..	2 NO SCHOOL	3 Big Daddy's Pizza Veggie Sticks Pineapple 1% Milk <small>Cals 479 Sod 758 Prot 30.0 Carb 65.0 T Fat 11.3 S. Fat 5.9</small>	4 Beef Taco W/Cheese Romaine Lettuce & Tomatoes Diced Pears 1% Milk <small>Cals 480 Sod 383 Prot 27.0 Carb 52.4 T Fat 19.0 S. Fat 7.3</small>	5 Chicken Stix String Cheese Green Beans Orange Slices 1% Milk <small>Cals 462 Sod 710 Prot 27.7 Carb 44.2 T Fat 19.8 S. Fat 7.1</small>	6 Hamburger Baked Beans Sliced Peaches 1% Milk <small>Cals 641 Sod 1304 Prot 35.6 Carb 63.3 T Fat 28.0 S. Fat 14.0</small>	In accordance with Federal Law and US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, of Adjudication, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have a speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6436 (Spanish). USDA is an equal opportunity provider and employer.	
ALL SANDWICHES SERVED ON WHOLE GRAIN BUNS SALADS ARE OFFERED DAILY MONDAY through THURS. AS A CHOICE TO DAILY MENU FRIDAY CHOICE TO DAILY MENU IS SACK DAY	9 Bagel Pizza Romaine Tossed Salad Fruit Mix 1% Milk <small>Cals 654 Sod 959 Prot 28.5 Carb 90.1 T Fat 19.6 S. Fat 6.5</small>	10 Spaghetti W/Meat Sauce Hot Carrots Grapes 1% Milk <small>Cals 373 Sod 372 Prot 22.9 Carb 47.3 T Fat 10.3 S. Fat 4.6</small>	11 Nachos W/Meat & Cheese Romaine Lettuce Refried Beans Pineapple 1% Milk <small>Cals 623 Sod 1000 Prot 35.1 Carb 55.9 T Fat 29.9 S. Fat 13.5</small>	12 Chicken Nuggets Mashed Potatoes Sliced Apples 1% Milk <small>Cals 452 Sod 586 Prot 22.8 Carb 48.7 T Fat 19.5 S. Fat 5.9</small>	13 Mini Bosco's Trix Yogurt Baby Carrots Fruit Mix 1% Milk <small>Cals 661 Sod 533 Prot 21.0 Carb 110.8 T Fat 15.8 S. Fat 5.5</small>		
SACK LUNCH INCLUDES: PEANUT BUTTER JELLY SANDWICH 100% FRESH FRUIT JUICE OR FRUIT (fruit may be fresh or canned), OREO COOKIES, SMALL BAG BAKED CHIPS, CHOICE OF MILK ON FRIDAY'S: 2%	16 NO SCHOOL	17 Big Daddy's Pizza Veggie Sticks Diced Pears 1% Milk <small>Cals 493 Sod 762 Prot 29.8 Carb 69.2 T Fat 11.2 S. Fat 5.9</small>	18 Beef Taco W/Cheese Refried Beans Applesauce Cup 1% Milk <small>Cals 674 Sod 935 Prot 40.3 Carb 58.3 T Fat 32.1 S. Fat 3.0</small>	19 1/2 Day School	20 1/2 Day School		
	23 Fiestada Pizza Romaine Tossed Salad Apple Slices 1% Milk <small>Cals 516 Sod 901 Prot 25.4 Carb 55.5 T Fat 6.5 S. Fat 2.5</small>	24 Chicken Alfredo Broccoli & Cheese Whole Wheat Roll Mandarin Oranges 1% Milk <small>Cals 642 Sod 1052 Prot 50.7 Carb 55.5 T Fat 24.4 S. Fat 12.6</small>	25 Turkey Gravy Over a Biscuit Mashed Potatoes Sliced Peaches 1% Milk <small>Cals 586 Sod 1919 Prot 14.6 Carb 73.3 T Fat 18.5 S. Fat 5.5</small>	26 Chicken Poppers Cheesy Potatoes Corn Peach Crisp 1% Milk <small>Cals 756 Sod 1351 Prot 31.0 Carb 102.5 T Fat 25.7 S. Fat 7.4</small>	27 Grilled Cheese Chili Baby Carrots Applesauce 1% Milk <small>Cals 746 Sod 1232 Prot 41.2 Carb 82.9 T Fat 27.9 S. Fat 14.1</small>		
	30 Big Daddy's Pizza Veggie Sticks Sliced Pears 1% Milk <small>Cals 493 Sod 762 Prot 29.8 Carb 69.2 T Fat 11.2 S. Fat 5.9</small>	31 Macaroni & Cheese Green Beans Apple 1% Milk <small>Cals 481 Sod 1187 Prot 28.8 Carb 60.5 T Fat 15.0 S. Fat 8.4</small>					<u>PARENTS NEW WEB-SITE</u> Please deposit money into your child's breakfast or lunch account. You can view your students account and make a deposit to their account on the internet.. Go to Send-MoneyToSchool.com Breakfast is \$1.50 x days. Lunch is \$2.10 x days. Extra milk is \$.50. Any questions please call (517)486-2148 Ext. 222.

