

ENFIELD STATION SCHOOL

JANUARY 2019

Monthly Average of Nutrients: Calories 665, Sodium 1078 mg, Total Fat 26.2% & Sat Fat 6.9%. Essential grains & breadings are 51% or more whole grain. Skim, 1% white, FF-choc, & strawberry milk flavors. Sandwich choices offered daily. Menus are subject to change w/o notice.

Monday

Tuesday

Wednesday

Thursday

Friday



Creamy Macaroni & Cheese **7**
Seasoned Carrots
Buttered Peas
Strawberry Cup
Bkfst: Yogurt & Muffin

Hamburger & Bun **8**
Baked Beans
Garden Salad w/
Cucumber Slices
Peaches
Bkfst: Sausage Breakfast Pizza

Pizza Pizza **2**
Garden Greens Salad
Chick-Pea Salad
Carrot Sticks & Dip
Applesauce
Bkfst: French Toast Sticks

“Teacher Workshop” **9**
Grilled Cheese Sand.
Tomato Soup & Crackers
Veggie Sticks/Dip
Applesauce
Bkfst: Pancakes

Chinese Stir Fry **3**
Warm roll
Rice Pilaf / Broccoli
Buttered Peas
Oranges
Bkfst: Banana Bread

Hot Chicken **10**
Sandwich
M. Potatoes & Gravy
Mixed Veggies & Squash
Fruit Cocktail
Bkfst: Bagel & Cream Cheese

Chicken Patty & Bun **4**
Sweet Potato Fries
Fresh Lettuce & Tomatoes
Roasted Sweet Peppers
Fruit Cocktail
Bkfst: Sausage Breakfast Pizza

Pizza Choices **11**
Seasoned Broccoli
& Cheese Sauce
Carrot Sticks
Oranges
Bkfst: Breakfast Oatmeal Cookie

Hot Dog & Bun **14**
Chili Medley
Potato Salad / Corn
Fruit Cocktail
Bkfst: Sausage Breakfast Pizza

Fish Sticks & Cornbread **15**
Rice Pilaf
Spinach & Carrots
Orange & Pineapple Mix
Bkfst: Egg & Ham Combo Bar

Roast Turkey & Stuffing **16**
M. Potato & Gravy
Warm Roll / Cranberry Sauce
Baked squash & Peas
Pumpkin Cookie / Apple
Bkfst: P/B Un-Crustable

Fresh Pizza **17**
Caesar Salad & Croutons
Sliced Cucumbers
Fresh Banana
Bkfst: French Toast Sticks

Chicken Patty & Bun **18**
Sweet Potato Fries
Fresh Lettuce & Tomato
Buttered Corn / Pears
Bkfst: Breakfast Sandwich

Martin Luther King Day **21**

Pancakes & Syrup **22**
Sausage Patty
Hash Brown Potato
Carrot Sticks & Orange Smiles
Bkfst: Sausage Breakfast Pizza

Tacos & Fixin's **23**
Rice Pilaf / Corn
Black Beans / Salsa
Peaches
Bkfst: Yogurt & Crackers

Chicken Patty & Bun **24**
Sweet Potato Fries
Lettuce & Tomato
Mixed Vegetables
Fruit Cocktail
Bkfst: Cinnamon Bun

Fresh Crust Pizza **25**
Buttered Broccoli
Carrot Sticks & Dip
Raisins / Applesauce
Bkfst: P/B Un-Crustable

Calzones **28**
& Dipping Sauce
Veggie Sticks
Seasoned Carrots
Strawberry Cup
Bkfst: Banana Bread

Chicken & Cheese **29**
Sandwich Wrap
Chicken Vegetable soup
Garden Salad with Chick Peas
Fresh Apples
Bkfst: French Toast Sticks

Spaghetti & Meat Sauce **30**
Green Beans
Buttered Broccoli
Fruit Cocktail
Bkfst: Sausage Breakfast Pizza

BBQ Pork Manwich **31**
Sweet Potato Fries
Baked Squash
Blueberry Crisp
Bkfst: Egg & Ham Combo Bar

Enfield Station School offers the Community Eligibility Provision program which allows us to provide **free breakfast and lunch** to all enrolled students. Students are required to take 3 of the 5 food groups/components offered, one must be a fruit or vegetable. ESS was also awarded the Fresh Fruit & Vegetable Grant and will be providing fresh snacks two to three days per week at morning break. "The Maine Department of Education and the USDA are equal opportunity providers and employers."