

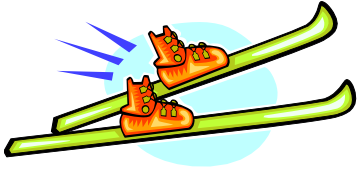


# East Stroudsburg Area School District

## Lunch Menu January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Happy New Year</b></p>	<p>3- Chicken Tenders with sauce Vegetable Wrap Seasoned Rice Broccoli Chilled Pears Rice Krispie Square</p>	<p>4- Spaghetti &amp; Meat Sauce with dinner roll Italian Hoagie Tossed Salad w dressing Green Peas</p>	<p>5- Toasted Cheese Sandwich Deli Sandwich Tomato Soup French Fried Potatoes Fresh Orange Wedges</p>	<p>6- 5 inch Round Pizza Sloppy Joes on whole wheat roll Assorted 100% Fruit Juice Vegetable Medley with dipping sauce</p>
<p>9- Chili Toasted Ham and Cheese on Pretzel Bun Seasoned Rice Vegetable Mix Mixed Fruit Cocktail</p>	<p>10- Meatball Sandwich Chef Salad with Italian bread Tator Tots Carrot Coins Fresh Baked Cookie</p>	<p>11- Chicken Fajitas Bologna and Cheese Sandwich Seasoned Rice Tossed Salad with dressing Broccoli and Cauliflower Mix</p>	<p>12- Cheeseburger on whole wheat roll Egg Burrito Lettuce and Tomatoes Sweet Potato Fries Chilled Applesauce</p>	<p>13- White French Bread Pizza Turkey Wraps Baby Cakes Potatoes Assorted 100% Fruit Juice Vegetable Medley with dipping sauce</p>
<p>16- <i>No School for Students</i></p> 	<p>17- Chicken Parm Sandwich Vegetable Wrap Fresh Carrots and Celery with dipping sauce Green Beans</p>	<p>18- Burrito with corn chips &amp; salsa Turkey Deli Seasoned Rice Seasoned Corn 100% Fruit Punch Juice</p>	<p>19- Cheesy Beef Bake Pierogies Marinara Whole Wheat Dinner Roll Green Peas Chilled Pineapple Tidbits Luigis Italian Ice</p>	<p>20- 4 x 6 pizza Fish Sandwich on whole wheat roll Curly Fries Tossed Salad with dressing Assorted 100% Fruit Juice</p>
<p>23- Chicken Nuggets/sauce Bologna and Cheese Sandwich Potato Wedges Baked Beans Selected Fresh Fruit <i>K-8 students only</i></p>	<p>24- Beef a Roni with whole wheat dinner roll Turkey Deli with cheese Tossed Salad w dressing Broccoli and Cauliflower Mix</p>	<p>25- Chalupa/Taco Salad Ham and Cheese Wrap Broccoli Chilled Mixed Fruit Soft Pretzel</p>	<p>26- Popcorn Chicken Roast Beef Deli on wheat roll Seasoned Rice Carrot Coins Assorted Fresh Fruit</p>	<p>27- French Bread Pizza Tuna Salad Sandwich Seasoned Noodles Tossed Salad with dressing Assorted 100% Fruit Juice</p>
<p>30- Meatloaf with gravy with whole wheat dinner roll Hot Dog on whole wheat roll Mashed Potatoes Seasoned Corn Rice Krispie Square</p>	<p>31- Toasted Cheese Sandwich Deli Sandwich Tomato Soup Curly Fries Fresh Orange Wedges</p>	<p>Word of the Month  <b>Inspirational</b></p>		<p>Vegetable of the Month  <b>Cauliflower</b></p>

Available Every Day: Peanut Butter & Jelly Sandwich; Selected Pizza; Yogurt & Selected Bread; Fresh Vegetables; Tossed Salad; 3 Bean Salad; Fresh Fruits; 100% Fruit Juice; Choice of ½ pint milk

Suggestions/Comments: Please contact Food Services: paul-schmid@esasd.net; 570-424-8500 Ext 1420

Menu subject to Change - Check out the web page: [www.esasd.net/cafe](http://www.esasd.net/cafe)

Pay for your meals in advance through [www.cafeprepay.com](http://www.cafeprepay.com)

Now on line: Information about the Birthday Baskets

Thank you for your support of the cafeteria