



ISL CAFE'



January 2012

Monday	Tuesday	Wednesday	Thursday	Friday	FYI
	-3- Winter Break	-4- Winter Break	-5- Pancakes, Turkey Sausage Fresh Fruit -----5 A Day Challenge----- Wheat Pasta, Meatsauce Steamed Green Peas Fresh Fruit Salad Soft Wheat Roll ✔ Wheat Pasta Veg. Casserole	-6- Oatmeal, Fruit Cinnamon Raisin Toast -----5 A Day Challenge----- Hamburger on Wheat Bun Baked Tater Tots Shredded Lettuce/Tomatoes Pickle Spears, Fresh Fruit ✔ Garden Burger	 5 A Day Challenge January 2012
-9- Biscuit, Sausage, fruit -----5 A Day Challenge----- New Orleans Red Beans Steamed Brown Rice Fresh Spinach Salad Chilled Pineapple Chunks ✔ Vegetarian Red Beans	-10- Grits, turkey Bacon, Fruit -----5 A Day Challenge----- Turkey Sausage Pizza Mexicali Corn Fresh Garden Salad Fresh Fruit ✔ Cheese Pizza	-11- Cereal, Fruit, Toast -----International Cuisine----- Chicken Fettuccini Alfredo Caesar Salad Baked Cinnamon Apples Garlic Bread ✔ Vegetarian Fettuccini Alfredo	-12- Pancake Bites, Fruit -----5 A Day Challenge----- Supreme Taco Salad Refried Beans Fresh fruit, lettuce, tomatoes (Salsa/Sour Cream) ✔ Vegetarian Taco Salad	-13- Blueberry Muffins, Scrambled Egg patty, Fruit -----5 A Day Challenge----- Chipotle Chicken Wheat Wrap Mexicali Corn, Garden Salad Fresh Fruit, Gelatin Cup ✔ Supreme Veggie Wrap	Fresh Fruit/Vegetables Fruits and vegetables contain essential vitamin, mineral and fiber that help protect you from chronic diseases.
-16- Martin Luther King Holiday	-17- Croissants Turkey Sausage, Fresh Fruit -----5 A Day Challenge----- Macaroni & cheese Casserole Steamed Carrots Baked Apple Slices Wheat roll ✔ Macaroni & Cheese	-18- Assorted Cereal, Fruit, Graham Crackers -----5 A Day Challenge----- Home-style Chicken Stew Brown Rice Cut Sweet Potatoes Green Peas, Wheat Roll ✔ Seasoned Rice w/ beans	-19- Hash brown Tots, Turkey Sausage, Wheat Toast, Fruit -----5 A Day Challenge----- Tuna Salad Fresh Broccoli Spears/Carrots Fresh Fruit Assorted Crackers ✔ Vegeta ble Quesadillas	-20- Pancake Bites Fresh Fruit ---Try It, before you deny it --- Sliced Turkey & Cheese Melt Wheat Hamburger Bun Fresh Spinach/Tomatoes Pickle Spears, Gelatin Cup ✔ Cheese Melt	Try It Before You Deny It FRIDAY (Monthly-Each 3 rd Friday) January -Featuring- Fresh Fruit/Vegetable Samples
-23- Biscuits Turkey Sausage, Fresh Fruit -----5 A Day Challenge----- Great Northern Beans Steamed Brown Rice Beet Salad, Fresh Fruit Assorted Crackers ✔ Vegetarian Beans	-24- Cheesy Grits Turkey Bacon, Fresh Fruit -----5 A Day Challenge----- Supreme Chef's Salad (Ham/Turkey/Cheese) Romaine Lettuce Mix Low-fat Yogurt, Fresh fruit Assorted Crackers ✔ Supreme Garden Salad	-25- Assorted Cereal, Fruit Sun butter Toast -----5 A Day Challenge----- Lemon-Honey Glazed Chicken Garlic Roasted Potatoes Steamed Mustard Greens Fresh Fruit Salad Wheat Roll ✔ Garlic Roasted Potatoes	-26- Blueberry Muffins Scrambled Eggs, Fresh Fruit -----Tray-less Thursday----- Ham & Cheese Sub Sandwich Shredded Lettuce/Tomatoes Pickle Spears Fresh Fruit Baked Assorted Chips ✔ Vegetarian Sub Sandwich	-27- Pancakes, Sausage Fresh Fruit -----5 A Day Challenge----- Chicken Noodle Soup Grilled Cheese Sandwich Tossed Garden Salad Fresh Fruit ✔ Hearty Vegetable Soup	Let's Go Green Tray-less Thursday One day & one tray at a time.
-30- Belgium Waffle Sticks, Turkey Sausage, Fresh Fruit -----5 A Day Challenge----- New Orleans Red Beans Steamed Brown Rice Fresh Spinach Salad Sliced Peaches, Cornbread ✔ Vegetarian Red Beans	-31- Hashbrown , Turkey Sausage Wheat Toast, Fruit -----5 A Day Challenge----- Barbecue Pork Riblet Macaroni & Cheese Fresh Fruit Salad, Mixed Veggies Soft Wheat Roll ✔ Macaroni & Cheese		 Fruits and Vegetables on the go Fruits and vegetables are a great benefit to busy lives—easy to eat on-the-go. Fresh fruits and vegetables are a natural source of energy and provide many needed nutrients that are needed to keep you going.	All meals are served with a variety of low fat & fat free milk. Menus are subject to change due to availability of food items and special events.	

Eat 5 A Day Challenge: Challenging all students to eat a minimum of 5 servings of fruits/vegetables daily.



Fresh Fruit Smoothie Party for the class with the largest number of servings

