



ENFIELD STATION SCHOOL


January 2013

Menus are subject to change w/o notice.

P/B Sandwich choice available daily.

Non-fat flavored milks and 1% & skim white milk

wg = whole grain products

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	1  <i>No School</i>	2 Chicken Quesadillas wg Mexican rice & black beans Cucumber sticks & Dip Fruit cocktail w/pears	3 Tuna Salad roll wg or Turkey Sandwich wg Corn Chowder/Goldfish crackers wg Garden Greens Salad Fresh Apples	4 Chicken Burgers w/wg Bun Baked Sweet Potato Wedges Buttered Broccoli Peaches	Cal 653 T.Fat 16.28 G S.Fat 3.5 G Chol 30.3 Mg Sodium 1230.09 Mg Carb 94.34 G Fiber 5.1 G Prot 37.56 G Iron 5.62 Mg Calc 694.88 Mg VtA 718.07 RE
7 Grilled Cheese wg Tomato Soup / crackers Pea Soup w/Ham Celery Sticks Pears	8 Fresh Hot Pizza wg or Peanut Butter Sand & Cheese stick Garden Greens Salad Chickpea Salad Applesauce	9 Roast Turkey & Gravy Mashed Potatoes Baked Squash / Peas Pineapple/Orange Mix Cranberry Sauce	10 Hamburger & Bun wg Seasoned Potato Wedges Broccoli & Carrot Salad Buttered Carrots Fresh Bananas	11 Chicken Fingers Smiley Fries Green Beans Steamed Spinach Peaches	Cal 629 T.Fat 15.79 G S.Fat 5.4 G Chol 45.6 Mg Sodium 1422.24 Mg Carb 85.21 G Fiber 7.5 G Prot 31.47 G Iron 3.25 Mg Calc 505.22 Mg VtA 447.51 RE
14 Beef & Bean Taco wg Lettuce & Tomato Fixin's Corn & Salsa Spanish Rice wg Fruit Cocktail w/peaches	15 Fresh Hot Pizza wg P/B Sandwich & Cheese stick Garden Greens Salad Chickpea Salad Applesauce	16 Sausage & Pancakes wg Maple Syrup Hash Brown Potato Orange Smiles Fruit Juice	17 Spaghetti & Meat Sauce Fresh Wheat Rolls wg or Turkey Sandwich wg Peas Pears	18 Chicken Nuggets Whole Wheat Rolls Oven Fries / Carrot Sticks Steamed Spinach Applesauce	Cal 642 T.Fat 17.58 G S.Fat 4.7 G Chol 37.1 Mg Sodium 984.43 Mg Carb 98.11 G Fiber 5.0 G Prot 27.40 G Iron 3.83 Mg Calc 475.80 Mg VtA 568.80 RE
21 <i>Martin Luther King Jr.</i> <i>No School</i>	22 Fresh Baked Calzones wg & Dipping Sauce Green Beans Tomato & Corn Saute Fruit Cocktail w/pears	23 Hot Dog & Bun wg Baked Beans Carrot Salad / Dill Pickles Peaches	24 Fresh Hot Pizza P/B Sandwich & Cheese stick Garden Greens Salad Strawberry Cup	25 Popcorn Chicken Seasoned Potato Wedges Cucumber Sticks Fresh Crisp Apples	Cal 644 T.Fat 18.33 G S.Fat 4.7 G Chol 42.6 Mg Sodium 1563.80 Mg Carb 91.95 G Fiber 8.7 G Prot 31.78 G Iron 3.59 Mg Calc 550.47 Mg VtA 445.77 RE
28 Oriental Chicken & Vegetables Fresh Anadama Bread wg or Turkey Sandwich wg Rice Pilaf wg / Fajita Pepper Strips Pineapple tidbits	29 Fresh Hot Pizza P/B Sandwich wg & Cheese stick Garden Greens Salad Pears	30 Baked Ham & Pineapple Baked Beans Brussel Sprouts / Beets Brown Bread wg Bananas	31 Macaroni & Cheese wg Peas Carrot Sticks Fruit Cocktail w/ peaches		Cal 592 T.Fat 14.84 G S.Fat 4.4 G Chol 35.1 Mg Sodium 1309.22 Mg Carb 88.49 G Fiber 7.7 G Prot 31.38 G Iron 3.25 Mg Calc 581.84 Mg VtA 724.40 RE

