



# Urbana Elementary School Menu

## January 2018

**1**

**Happy New Year!!!**

**2**

**3**

**Mini Cinnamon Bagels**

- 1) BBQ Rib\* on a Bun
- 2) Breaded Chicken Patty
- 3) Sun Butter & Jelly (V)
- 4) Egg Chef Salad w/BS (V)

**Fruits & Vegetables**  
Steamed Carrots, Fresh Red Pepper Strips, Fresh Green Apple, Diced Pears

**4**

**Cherry Frudel!**

- 1) Nachos\*\* w/ Tortilla Scoops
- 2) Chicken Nuggets w/ BS
- 3) Sun Butter & Jelly (V)
- 4) Pretzel Yogurt and Cheese Plate (V)

**Fruits & Vegetables**  
Refried Beans, Fresh Celery Sticks, Fresh Banana, 100% Apple Juice

**5**

**Chicken Biscuit**

- 1) Cheese Pizza (V)
- 2) Cheeseburger
- 3) Sun Butter & Jelly (V)
- 4) Turkey & Cheese Sandwich

**Fruits & Vegetables**  
Steamed Spinach, Side Salad, Variety Fresh Fruit, Mixed Fruit Cup

**8**

**Strawberry Banana Yogurt w/ Crackers**

- 1) Salisbury Steak & Gravy w/ BS
- 2) Breaded Chicken Patty
- 3) Sun Butter & Jelly (V)
- 4) Cheesy Wrap (V)

**Fruits & Vegetables**  
Mashed Potatoes, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch

**9**

**Apple Blueberry Breakfast Bar**

- 1) Cheese Pizza
- 2) Hot Dog on a Bun
- 3) Sun Butter & Jelly (V)
- 4) Bagel, CC & Cheese Plate (V)

**Fruits & Vegetables**  
Steamed Carrots, Cherry Tomatoes, Fresh Orange Wedges, Applesauce Cups

**10**

**Mini Cinni's**

- 1) Hot Ham\*\* & Cheese on Bun
- 2) Beef Fiestada
- 3) Sun Butter & Jelly (V)
- 4) Romaine Salad w/BS (V)

**Fruits & Vegetables**  
**Harvest of the Month: Mandarin Oranges**  
Seasoned Baby Peas, Fresh Broccoli, Fresh Green Apple

**1**

**Blueberry Waffles**

- 1) Cheesy Baked Penne (V)
- 2) Chicken Nuggets w/BS
- 3) Sun Butter & Jelly (V)
- 4) Pretzel, Yogurt & Cheese Plate (V)

**Fruits & Vegetables**  
Baked Beans, Fresh Cucumber Slices, Fresh Banana, 100% Apple Juice

**12**

**Chocolate Muffin w/ String Cheese**

- 1) Pepperoni Pizza\*
- 2) Chicken Tenders w/BS
- 3) Sun Butter & Jelly (V)
- 4) Egg Chef Salad w/BS (V)

**Fruits & Vegetables**  
Golden Kernel Corn, Side Salad, Variety Fresh Fruit, Pineapple Cup

**15**

**Martin Luther King, Jr's Birthday**

**16**

**No School**

**17**

**Cinnamon Rush French Toast**

- 1) Pizza Sticks w/ Marinara (V)
- 2) Cheeseburger
- 3) Sun Butter & Jelly (V)
- 4) Ham\*\* Chef Salad w/ BS

**Fruits & Vegetables**  
Green Beans, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch

**18**

**Apple Frudel**  
**HAPPY BIRTHDAY STUDENTS**

- 1) General Tso Chicken w/Rice
- 2) Chicken Nuggets w/BS
- 3) Sun Butter & Jelly (V)
- 4) Pretzel, Yogurt and Cheese Plate (V)

**Fruits & Vegetables**  
Steamed Carrots, Fresh Celery Sticks, Fresh Banana, 100% Apple Juice

**19**

**Banana Chocolate Breakfast Bar**

- 1) Pepperoni Pizza\*
- 2) Cheese Pizza (V)
- 3) Sun Butter & Jelly (V)
- 4) Ham\*\* & Cheese Sandwich

**Fruits & Vegetables**  
Baked Beans, Side Salad, Variety Fresh Fruit, Mixed Fruit Cup

**22**

**Mini Maple Pancakes**

- 1) Country Fried Steak w/BS
- 2) Popcorn Chicken w/BS
- 3) Sun Butter & Jelly (V)
- 4) Egg Chef Salad w/BS (V)

**Fruits & Vegetables**  
Mashed Potatoes, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch

**23**

**French Toast Breakfast Bar**

- 1) Chili Mac
- 2) Breaded Chicken Patty
- 3) Sun Butter & Jelly (V)
- 4) Bagel, CC & Cheese Plate (V)

**Fruits & Vegetables**  
Seasoned Baby Peas, Fresh Cherry Tomatoes, Fresh Orange Wedges, Applesauce Cups

**24**

**Bagel w/ Cream Cheese**

- 1) Chicken Tenders w/BS
- 2) BBQ Rib\* on a Bun
- 3) Sun Butter & Jelly (V)
- 4) Cheesy Wrap (V)

**Fruits & Vegetables**  
Baked Beans, Fresh Red Pepper Strips, Fresh Green Apple, Diced Peaches

**25**

**Pancake on a Stick**

- 1) Chicken Penne w/ Alfredo
- 2) Chicken Nuggets w/BS
- 3) Sun Butter & Jelly (V)
- 4) Pretzel, Yogurt & Cheese Plate (V)

**Fruits & Vegetables**  
Brussels Sprouts, Fresh Cauliflower, Fresh Banana, 100% Apple Juice

**26**

**Mini Strawberry Bagels**

- 1) Cheese Pizza (V)
- 2) Hot Dog on a Bun
- 3) Sun Butter & Jelly (V)
- 4) Turkey & Cheese Sandwich

**Fruits & Vegetables**  
Steamed Spinach, Side Salad, Variety Fresh Fruit, Pineapple Cup

**29**

**Oatmeal Chocolate Breakfast Bar**

- 1) Pancakes w/Sausage
- 2) Corn Dog on a Stick
- 3) Sun Butter & Jelly (V)
- 4) Ham\*\* Chef Salad w/ BS

**Fruits & Vegetables**  
Tater Tots, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch

**30**

**Raspberry Yogurt w/ Crackers**

- 1) Sloppy Joe Melt
- 2) Breaded Chicken Patty
- 3) Sun Butter & Jelly (V)
- 4) Romaine Salad w/BS (V)

**Fruits & Vegetables**  
Green Beans, Fresh Broccoli, Fresh Orange Wedges, Applesauce Cups

**31**

**Triple Berry French Toast**

- 1) Meatball Sub on a Bun
- 2) Cheese Quesadilla (V)
- 3) Sun Butter & Jelly (V)
- 4) Ham\*\* & Cheese Sandwich

**Fruits & Vegetables**  
Steamed Carrots, Fresh Red Pepper Strips, Fresh Green Apple, Apricot Halves

For additional Nutritional Education Materials, please visit [www.usd116.org](http://www.usd116.org), click on 'Food Menus' under the Quick Links on the right side of the homepage. Here you will find the new Nutritional Education Section! If you have any questions, please call Aramark at 217-384-3694!

**BREAKFAST**

Breakfast will be served in all classrooms this year from 8:10-8:25!

**BREAKFAST & LUNCH**

Fat Free Chocolate Milk &

January 18th-Celebrate January Birthdays with a Whole Grain Rice Krispy Treat!

-Harvest of the Month for January is Mandarin Oranges!! Check the website for Fun Facts & Info!

BS = Bread Slice  
V=Vegetarian Menu Item  
\*=PORK PRODUCT  
\*\*=CHICKEN PRODUCT