

# Pontchartrain Elem. Jan.2021 Lunch Menu

Mon	Tue	Wed	Thu	Fri
<b>Available Daily:</b> Low-Fat Chocolate Low-Fat Strawberry Low –Fat White	<b>Lunch Prices;</b> Reduced(PK-12) \$.40 Full Price(PK-6) \$1.30 Full Price (7-12) \$1.55 Eligible Adult \$3.25 Visitors \$4.75			1
4 Chicken Tenders Chilled Fruit Salad Mashed Potatoes w/ Gravy WG Roll	5 Nachos Supreme Chilled Fruit Lettuce, Salsa Fiesta Black Beans Nacho Chips	6 Chicken Patty Chilled Fruit Carrots Potato Fries WG Hamburger Bun Cookie	7 Sloppy Joe Sand. Chilled Fruit Potato Fries Coleslaw WG Hamburger Bun	8 WG Pizza Chilled Fruit Broccoli Florets Marinara Sauce Pizza Crust
11 Mandarin Orange Chicken Chilled Fruit Broccoli, Carrots WG Breadstick Rice	12 Quesadilla Cheese Chilled Fruit, Lettuce Salsa, Corn, Black Beans Tortilla Shell	13 Breezy Beef Mac Chilled Fruit Carrots, Green Beans WG French Bread	14 Hot Dog w/ Chili Chilled Fruit Potato Fries	15 Hamburger Raisins Lettuce, Tomato Potato Fries WG Hamburger Bun
18 <b>Martin Luther King Jr. Day</b>	19 Chicken Tenders Chilled Fruit Carrots, Green Peas WG Texas Toast Macaroni n Cheese	20 Taco Meat Cheese, Chilled Fruit Lettuce, Salsa, Black Beans WG Cinnamon Stick Tortilla Shell, Corn Shells	21 WG Pizza Chilled Fruit Salad Marinara Sauce Pizza Crust	22 Chicken Patty Chilled Fruit Lettuce, Potato Fries WG Hamburger Bun
25 Sweet & Sour Chicken Chilled Fruit Steam Broccoli, Carrots WG Breadstick Rice	26 Jambalaya Chilled Fruit, Potato Salad Zucchini, Squash WG Breadstick	27 Chicken Patty Chilled Fruit Lettuce, Potato Fries WG Hamburger Cookie	28 Chicken Baked Chilled Fruit Cole Slaw, Red Beans Biscuit Rice w/ gravy	29 Hamburger Raisins Lettuce, Tomato Potato Fries WG Hamburger Bun

This institution is an equal opportunity provider. Menu are subject to be change.