

Week 1

# Weekly Sizzlin' Hot Stuff Elementary School Menu 2019 – 2020

	Monday	Portion	Price	Tuesday	Portion	Price	Wednesday	Portion	Price	Thursday	Portion	Price	Friday	Portion	Price
E N E R G I Z E R  \$6.00	Vegetarian Teriyaki Noodles <b>served with</b> Cilantro Coleslaw	12 oz	4.75	Chicken Tikka Masala <b>served with</b> Coconut Basmati Rice Seasonal Local Vegetables	8 oz	4.75	Oven Baked Meat Lasagna or Spinach & Mushroom <b>served with</b> Caesar Salad	18 cut	4.75	Chicken or Vegetarian Biryani <b>served with</b> Seasonal Local Vegetables	2 pc.	4.75	Spaghetti with Zesty Meat Sauce or Tomato Sauce <b>served with</b> Garden Salad	6 oz.	4.75
		1 cup	N/A		1 cup	2.50		1 cup	N/A		½ cup	N/A		1 cup	N/A
<b>Fresh Energy Small</b>	Cilantro Coleslaw	Small	3.00	Oriental Salad	Small	3.50	Caesar Salad	Small	3.00	Pasta Salad	Small	3.00	Garden Salad	Small	3.00

**Always Available:** Hot Vegetables or Salad, Hot or Cold Grain, Gravy, Baked Crispy Fries or Potato Wedges, Beef or Chicken Burger or Chicken Fingers, West Indian Patty Pizza Cheese or Vegetarian, and Pepperoni or Hawaiian, Tuna and Egg Salad Sandwich; one other Sandwich Variety, one other Small Salad; All Light Salad Dressings, Soup (Seasonal); Yogurt; Fresh Fruit - 2 Varieties; Cookies 2 Varieties, Muffin, Homemade Treat or Cinnamon Bun, 1% or Skim Milk, 2% & Choc. Milk 237ml; Pure Fruit Juice 200 ml 4 Varieties; Bottled Water 500 ml or 330 ml, Baked Chips, Fruit Gummies

**\*Fresh Seasonal LOCAL Vegetables\* Offer when possible**

Week 2

# Weekly Sizzlin' Hot Stuff Elementary School Menu 2019 – 2020

	Monday	Portion	Price	Tuesday	Portion	Price	Wednesday	Portion	Price	Thursday	Portion	Price	Friday	Portion	Price
E N E R G I Z E R  \$6.00	Cheese Tortellini with Zesty Tomato Sauce <b>served with</b> Caesar Salad	6 oz.  1 cup	4.75  N/A	BBQ Chicken <b>served with</b> Oven Roast Potatoes Seasonal Local Vegetables	1 pc. 1 cup ½ cup	4.75 2.50 N/A	Meat Loaf <b>served with</b> Mashed Potato Mushroom Gravy California Blend	1 pc ½ cup  ½ cup	4.75  N/A	Garlic Chicken & Orzo <b>served with</b> Seasonal Local Vegetables	12 oz.  ½ cup	4.75  N/A	Chicken Souvlaki <b>served with</b> Lemon Rice Greek Salad	1 ea. 1 cup 1 cup	4.75  2.50 N/A
Fresh Energy Small	Caesar Salad	Small	3.25	Tortellini Pasta Salad	Small	3.75	Orzo Pasta Salad	Small	3.75	Veggie & Dip	Small	3.00	Greek Salad	Small	3.50

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 Pizza Cheese or Vegetarian, and Pepperoni or Hawaiian , Tuna and Egg Salad Sandwich; one other Sandwich Variety, one other Small Salad; All Light Salad Dressings, Soup (Seasonal);  
 Yogurt; Fresh Fruit - 2 Varieties; Cookies 2 Varieties, Muffin, Homemade Treat or Cinnamon Bun, 1% or Skim Milk, 2% & Choc. Milk 237ml;  
 Pure Fruit Juice 200 ml 4 Varieties; Bottled Water 500 ml or 330 ml, Baked Chips, Fruit Gummies

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Week 3

# Weekly Sizzlin' Hot Stuff Elementary School Menu 2019 – 2020

	Monday	Portion	Price	Tuesday	Portion	Price	Wednesday	Portion	Price	Thursday	Portion	Price	Friday	Portion	Price
E N E R G I Z E R  \$6.00	Chicken Shawarma <b>served with</b> Steamed Rice	1 ea	4.75	Chicken Cacciatore <b>served with</b> Egg Noodles Italian Blend Vegetables	1 pc.	4.75	Shepherd's Pie or Lentil Shepherd's Pie <b>served with</b> Seasonal Local Vegetables	18 cut	4.75	Crispy Panko Breaded Sole <b>served with</b> Oven Roast Potatoes Coleslaw	1 pc	4.75	Chicken or Chickpea Curry <b>served with</b> Basmati Rice California Mixed Vegetables	8 oz.	4.75
		1 cup	N/A		1 cup ½ cup	2.50 N/A		½ cup	N/A		1 cup ½ cup	2.50 N/A		1 cup ½ cup	2.50 N/A
	<b>Fresh Energy Small</b>	Caesar Salad	Small	3.50	Bean Salad	Small	3.00	Veggies and Dip	Small	3.00	Coleslaw	Small	3.00	Pasta Salad	Small

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