



# SEPTEMBER | 2018

## ELEMENTARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> LABOR DAY NO SCHOOL  <b>USDA is an equal opportunity provider and employer</b>	<b>4</b> FAT FREE MILK WG Baked chicken tenders Mashed potatoes and gravy WG Dinner roll Golden corn Awesome applesauce Salad bar	<b>5</b> FAT FREE MILK Chicken Taco Served on ultra grain tortilla Green peppers and onions Tex-mex refried bean dip Fresh romaine garden salad Sliced peaches Salad bar	<b>6</b> FAT FREE MILK Reduced fat macaroni and cheese Savory garlic toast Seasoned green beans Sliced pears Salad bar	<b>7</b> FAT FREE MILK TASTE OF ITALY Bosco cheese stuffed breadstick Meat and cheese sauce Steamed broccoli buds Pineapple tid-bits Salad bar
<b>10</b> FAT FREE MILK Tasty Honey Beef dippers Oven baked fries Whole grain breadstick Baby carrots and dip Mixed fruit Salad bar	<b>11</b> FAT FREE MILK Build your own Nacho Bar Meat and cheese Lettuce/tomato/salsa/sr cream Black bean and corn fiesta Fresh apple slices Salad bar	<b>12</b> FAT FREE MILK Popcorn chicken Mashed potatoes and gravy Whole grain dinner roll Golden Savory Corn Applesauce Salad bar	<b>13</b> FAT FREE MILK Southern delight Waffle and chicken bites Warm syrup Hash brown Fresh grapes & mixed fruit 100% fruit juice Salad bar	<b>14</b> FAT FREE MILK PIZZA DAY Homestyle whole grain pizza Your choice cheese or pepperoni Steamed broccoli buds or peas Sliced pears/salad bar
<b>17</b> FAT FREE MILK Baked whole grain chicken nugget Cottage cheese/Granola Bar Mixed green garden salad Diced peaches Salad bar	<b>18</b> FAT FREE MILK Seasoned beef Tacos Lettuce/tomato/cheese Tex-mex refried bean dip Black bean & corn fiesta Mixed fruit Salad bar	<b>19</b> FAT FREE MILK Baked Steak burger Served on a whole grain bun Baked sweet potato puffs Baked beans Orange wedges Salad bar	<b>20</b> FAT FREE MILK Classic homemade chili/soup Whole grain crackers Whole grain bread stick Baby carrots and low fat dip Fresh red grapes Salad bar	<b>21</b> FAT FREE MILK PIZZA DAY Homestyle whole grain pizza Your choice cheese or pepperoni Steamed broccoli buds or peas/ sliced pears/salad bar
<b>24</b> FAT FREE MILK Hotdog cook-out day Hotdog on a whole grain bun Fun sized chips Body building baked beans Chilled pears Salad bar	<b>25</b> FAT FREE MILK Student favorite Walking taco meat/cheese Baked scoops Tex-mex refried bean dip Fresh romaine garden salad Sliced peaches Salad bar	<b>26</b> FAT FREE MILK Champion Bnls BBQ Chicken Wing Wh Grain Twisted Breadstick Oven baked fries Seasoned Green Beans Pineapple& orange wedges Salad bar	<b>27</b> FAT FREE MILK Asian stir fry day New Orleans's style General Tso' spicy chicken Stir fry veggies Fluffy wild rice Fortune cookie Mandarin oranges Salad bar	<b>28</b> FAT FREE MILK TASTE OF ITALY Bosco cheese stuffed breadstick Meat and cheese sauce Steamed broccoli buds Pineapple tid-bits Salad bar

### News

**WELCOME BACK**  
CHECK OUT OUR EXPANDED SALAD BARS  
INCLUDED WITH ALL MEALS

**SECOND LUNCH CHOICE AVAILABLE**

**MON & WED**  
PB&J UNCRUSTABLE

**THURSDAYS**  
TURKEY SUB

**SALAD BAR ITEMS OFFERED**  
**DAILY INCLUDE: ROMAINE LETTUCE, TOMATOES, CELERY, CARROTS, GREEN PEPPERS, CUCUMBERS, ONIONS, BROCCOLI, AND CAULIFLOWER**

**Lunch prices 2018-19**  
**Breakfast \$2.00**  
**Elementary \$2.75**  
**Middle school \$3.00**  
**High School \$3.00**

**MILK CHOICES**  
**INCLUDE FLAVORED AND UNFLAVORED FAT FREE MILK**  
**DAILY WITH ALL MEALS**