

Lunch Prices:

Regular- \$ 2.95
 Reduced- \$0.40
 Adult- \$3.60
 Milk (a la carte)- \$0.50

SEPTEMBER | 2019



Elementary Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 Labor Day No School</p> <p><i>V</i> = Vegetarian Item <i>P</i> = Contains Pork</p>	<p>3 French Toast Sticks^V w/ Sausage Emoji Spuds Assorted Fruit Fresh Veggies Choice of Milk</p>	<p>4 Pretzel Nuggets^V w/ Cheese Cup Mixed Veggie Medley Assorted Fruit Fresh Veggies Choice of Milk</p>	<p>5 Rotini & Meat Sauce w/ Garlic Breadstick Green Beans Assorted Fruit Fresh Veggies Choice of Milk</p>	<p>6 Classic Cheese^V OR Pepperoni Pizza^P Side Garden Salad w/ Dressing Assorted Fruit Fresh Veggies Choice of Milk</p>
<p>9 Hamburger OR Cheeseburger Ranch Wedge Fries Assorted Fruit Fresh Veggies Choice of Milk</p>	<p>10 Crazy Tacos w/ Lettuce, Salsa & Cheese Cup Refried Beans Assorted Fruit Fresh Veggies Choice of Milk</p>	<p>11 Hot Dog OR Coney Dog w/ Shredded Cheese & Diced Onion Sweet Potato Puffs Assorted Fruit Fresh Veggies Choice of Milk</p>	<p>12 Chicken Nuggets w/ Dipping Sauce & Dinner Roll Broccoli & Cheese Assorted Fruit Fresh Veggies Choice of Milk</p>	<p>13 Bosco Cheese Sticks^V w/ Marinara Dipping Cup Mixed Veggie Medley Assorted Fruit Fresh Veggies Choice of Milk</p>
<p>16 Chicken Bites & Dutch Waffle^V w/ Strawberry Topping Sweet Potato Puffs Assorted Fruit Fresh Veggies Choice of Milk</p>	<p>17 Corn Dog on a Stick w/ Dipping Sauce Baked Beans^P Assorted Fruit Fresh Veggies Choice of Milk</p>	<p>18 Beef Teriyaki Dippers w/ Dinner Roll Mashed Potatoes Assorted Fruit Fresh Veggies Choice of Milk</p>	<p>19 Star Fish Nuggets w/ Dipping Sauce Ranch Wedge Fries Assorted Fruit Fresh Veggies Choice of Milk</p>	<p>20 Double Stuffed Crust Cheese Pizza^V Side Garden Salad w/ Dressing Assorted Fruit Fresh Veggies Choice of Milk</p>
<p>23 Popcorn Chicken w/ Dipping Sauce & Dinner Roll Mashed Potatoes Assorted Fruit Fresh Veggies Choice of Milk</p>	<p>24 French Toast Sticks^V w/ Sausage Emoji Spuds Assorted Fruit Fresh Veggies Choice of Milk</p>	<p>25 E-Learning Day No School</p>	<p>26 Rotini & Meat Sauce w/ Garlic Breadstick Green Beans Assorted Fruit Fresh Veggies Choice of Milk</p>	<p>27 Classic Cheese^V OR Pepperoni Pizza^P Side Garden Salad w/ Dressing Assorted Fruit Fresh Veggies Choice of Milk</p>
<p>30 Hamburger OR Cheeseburger Ranch Wedge Fries Assorted Fruit Fresh Veggies Choice of Milk</p>	<p>1 Crazy Tacos w/ Lettuce, Salsa & Cheese Cup Refried Beans Assorted Fruit Fresh Veggies Choice of Milk</p>	<p>2 Hot Dog OR Coney Dog w/ Shredded Cheese & Diced Onion Sweet Potato Puffs Assorted Fruit Fresh Veggies Choice of Milk</p>	<p>3 Chicken Nuggets w/ Dipping Sauce & Dinner Roll Broccoli & Cheese Assorted Fruit Fresh Veggies Choice of Milk</p>	<p>4 Bosco Cheese Sticks^V w/ Marinara Dipping Cup Mixed Veggie Medley Assorted Fruit Fresh Veggies Choice of Milk</p>

Build a Meal

Choose **3-5 meal components** to build a healthy, balanced meal:
Protein-Whole Grain-Vegetable-Fruit-Milk

-One component *must* be at least a **½ c fruit and/or vegetable** to make a meal.
 -Students may choose up to 2 fruit choices and 2 vegetable choices, offered daily.
 -All entrees include: Protein + Whole Grain

→Bringing a lunch? Leave the sides to us!
 Choose a Milk + Veggie + Fruit to complete your meal!
 (Paid/Free/Reduced meal prices apply)

Daily Alternative Choices

All alternative entrees come with choice of milk, fruit, and/or vegetable.

Chef Salad (Everyday)

Leafy green lettuce topped with grape tomatoes, matchstick carrots, cheese, croutons, and choice of eggs^V, ham, or chicken. Served with dinner roll.

Grab & Go

Mon/Wed/Fri:

- **Lunch Kits** (Compare to Lunchables):
 - **Pizza**: soft mini pitas, cheese, beef sausage, and marinara sauce
 - **Turkey, Cheese & Crackers**: Turkey coins, string cheese, whole wheat crackers & hummus

Tues/Thurs:

- **Peanut-free Wowbutter & Jelly sandwich^V**, w/ 1 grain side
- **Protein Power**: Low-fat yogurt^V and/or string cheese^V, w/ 1 grain side

FREE water available to every student