

P= item may include pork products
 V= item is vegetarian

OCTOBER | 2021



Elementary School Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>27 Hamburger/Cheeseburger Tater Tot Assorted Fruits Fresh Veggies Choice of Milk</p>	<p>28 Nachos w/ Beef and Cheese Dipping Sauce Refried Beans Assorted Fruits Fresh Veggies Choice of Milk</p>	<p>29 Bosco Sticks^V w/ Marinara Sauce Carrots Assorted Fruits Fresh Veggies Choice of Milk</p>	<p>30 Chicken Nuggets w/ Dinner Roll Celery Assorted Fruits Fresh Veggies Choice of Milk</p>	<p>1 Cheesy Pizza Crunchers^V Broccoli Assorted Fruits Fresh Veggies Choice of Milk</p>
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FALL BREAK

<p>18 Cheese Lasagna Roll Ups^V Carrots Assorted Fruits Fresh Veggies Choice of Milk</p>	<p>19 French Toast Sticks w/ Turkey Sausage Hash Brown Rounds Assorted Fruits Fresh Veggies Choice of Milk</p>	<p>20 Beef Teriyaki Dippers Dinner Roll Broccoli Assorted Fruits Fresh Veggies Choice of Milk</p>	<p>21 Walking Taco Refried Beans Assorted Fruits Fresh Veggies Choice of Milk</p>	<p>22 Mozzarella Sticks^V w/ Marinara Sauce Cauliflower Assorted Fruits Fresh Veggies Choice of Milk</p>
<p>25 Chicken Penne Alfredo Broccoli Assorted Fruits Fresh Veggies Choice of Milk</p>	<p>26 Chicken and Waffles w/ Strawberry Topping Tater Tot Assorted Fruits Fresh Veggies Choice of Milk</p>	<p>27 Macaroni and Cheese Baked Beans Assorted Fruits Fresh Veggies Choice of Milk</p>	<p>28 Chicken Pot Pie Green Beans Assorted Fruits Fresh Veggies Choice of Milk</p>	<p>29 Bosco Sticks^V w/ Marinara Sauce Carrots Assorted Fruits Fresh Veggies Choice of Milk</p>

Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

All alternative meals include choice of milk, fruit and/or vegetable

Mon/Wed/Fri:

- Lunch Kits (similar to lunchables):
 - Pizza
 - Turkey, Cheese and Crackers

Tues/Thurs:

- Peanut-Free Wowbutter and Jelly Sandwich^V
- Protein Power: yogurt, grain, string cheese^V

Under current USDA waivers, all complete student meals are free of charge. Additional entrees or a la carte items are an additional cost, charging is not allowed on these items, students must have sufficient funds to purchase.