




**Elementary School Lunch Menu**  
**August 2019**

**Elementary Lunch Prices**

Paid Student	\$2.70
Reduced Student	\$0.40
Free Student	\$0.00
Adult	\$3.75
Visitor	\$4.10

<p>School Lunch FAQs:</p> <ul style="list-style-type: none"> <li>• All grains are whole grain rich</li> <li>• Fruit and vegetable available daily</li> <li>• Chilled fruit is packed in own juice</li> <li>• Milk and 100% Juice offered daily</li> </ul> <p>Menu is subject to change due to availability.</p> <p>This institution is an equal opportunity provider.</p> <p>*These items are only available with school meal and cannot be purchased a la carte.</p>	<p><b>WELCOME BACK TO SCHOOL!!</b></p>  <p>Students must choose a full portion of at least 3 of the 5 components to receive a full school lunch and at least one component must be a 1/2 cup of fruit or vegetable. Components include protein, grain, fruit, vegetable, and milk.</p> <p>For more info visit <a href="https://www.smsd.org">https://www.smsd.org</a></p>	 <p>Choose MyPlate.gov</p>		
<p><b>MONDAY 12</b></p> <p><b>Early Dismissal Grades 1-6</b></p> <p><b>Choice of:</b></p> <p>Stuffed Crust Cheese Pizza PBJ Sandwich with Cheese and Crackers Yogurt with Cheese Stick and Crackers</p> <p><b>Served with:</b></p> <p>Baked Beans * Green Leaf Lettuce Fresh Baby Carrots Chilled Pears Fresh Orange Wedges Frozen Fruit Cup</p>	<p><b>TUESDAY 13</b></p> <p><b>Choice of:</b></p> <p>Chicken Strips Hot Ham &amp; Cheese Sandwich PBJ Sandwich with Cheese Yogurt with Cheese Stick</p> <p><b>Served with:</b></p> <p>Mashed Potatoes with Chicken Gravy * Green Beans Green Leaf Lettuce Fresh Grapes Chilled Peaches Giant Grahams</p>	<p><b>WEDNESDAY 14</b></p> <p><b>1st Day for Kindergarten &amp; Pre-K</b></p> <p><b>Choice of:</b></p> <p>Chicken Drumstick &amp; Biscuit Sweet &amp; Sour Chicken with Rice PBJ Sandwich with Cheese and Crackers Yogurt with Cheese Stick and Crackers</p> <p><b>Served with:</b></p> <p>Potato Smiles Roasted Vegetables Green Leaf Lettuce Fresh Fruit Chilled Pineapple Rice Krispie Treat</p>	<p><b>THURSDAY 15</b></p> <p><b>Choice of:</b></p> <p>Chicken &amp; Waffles Pork Tenderloin Sandwich PBJ Sandwich with Cheese and Crackers Yogurt with Cheese Stick and Crackers</p> <p><b>Served with:</b></p> <p>Glazed Carrots Fresh Cauliflower Green Leaf Lettuce Fresh Zucchini Chilled Mandarin Oranges Fresh Banana</p>	<p><b>FRIDAY 16</b></p> <p><b>Choice of:</b></p> <p>Nachos Grilled Chicken Drumsticks with Garlic Toast Hummus with Pretzels Yogurt with Cheese Stick and Pretzels</p> <p><b>Served with:</b></p> <p>Fiesta Black Beans Fresh Red Peppers Green Leaf Lettuce Fresh Apple Slices Chilled Fruit Cocktail Chocolate Chip Cookie</p>
<p><b>MONDAY 19</b></p> <p><b>Choice of:</b></p> <p>Corn Dog Baked Potato Bar PBJ Sandwich with Cheese Yogurt with Cheese Stick</p> <p><b>Served with:</b></p> <p>Broccoli &amp; Cheese Fresh Celery Romaine Lettuce Chilled Mandarin Oranges Fresh Fruit Banana Bread *</p>	<p><b>TUESDAY 20</b></p> <p><b>Choice of:</b></p> <p>Stuffed Crust Pepperoni Pizza Spaghetti with Meatballs PBJ Sandwich with Cheese and Crackers Yogurt with Cheese Stick and Crackers</p> <p><b>Served with:</b></p> <p>Corn Chilled Peaches Green Leaf Lettuce Fresh Cucumbers Fresh Grapes Chilled Applesauce</p>	<p><b>WEDNESDAY 21</b></p> <p><b>Choice of:</b></p> <p>Chicken Sandwich General TSO's Chicken with Rice PBJ Sandwich with Cheese and Crackers Yogurt with Cheese Stick and Crackers</p> <p><b>Served with:</b></p> <p>Stir Fry Vegetables Fresh Broccoli Green Leaf Lettuce Chilled Pineapple Fresh Fruit Cheetos</p>	<p><b>THURSDAY 22</b></p> <p><b>Choice of:</b></p> <p>Cheeseburger Beef Burrito PBJ Sandwich with Cheese and Crackers Yogurt with Cheese Stick and Crackers</p> <p><b>Served with:</b></p> <p>Seasoned Fries Baked Beans * Green Leaf Lettuce &amp; Sliced Tomatoes Fresh Apple Slices Chilled Fruit Cocktail Chocolate Cake *</p>	<p><b>FRIDAY 23</b></p> <p><b>Choice of:</b></p> <p>Fiesta Pizza Cheese Lasagna PBJ Sandwich with Cheese and Crackers Yogurt with Cheese Stick and Crackers</p> <p><b>Served with:</b></p> <p>Steamed Edamame Green Leaf Lettuce Fresh Baby Carrots Fresh Cherry Tomatoes Chilled Pears Fresh Fruit</p>
<p><b>MONDAY 26</b></p> <p><b>Choice of:</b></p> <p>Stuffed Crust Cheese Pizza BBQ Rib Sandwich PBJ Sandwich with Cheese and Crackers Yogurt with Cheese Stick and Crackers</p> <p><b>Served with:</b></p> <p>Tater Tots Baked Beans * Green Leaf Lettuce Fresh Celery Chilled Pears Fresh Orange Wedges</p>	<p><b>TUESDAY 27</b></p> <p><b>Choice of:</b></p> <p>Mozzarella Sticks Fish Sandwich PBJ Sandwich with Cheese and Crackers Yogurt with Cheese Stick and Crackers</p> <p><b>Served with:</b></p> <p>Scalloped Potatoes * Steamed Broccoli Green Leaf Lettuce Chilled Fruit Cocktail Fresh Baby Carrots Mixed Berries</p>	<p><b>WEDNESDAY 28</b></p> <p><b>Choice of:</b></p> <p>Chicken Strips Chili with Scoops PBJ Sandwich with Cheese and Crackers Yogurt with Cheese Stick and Crackers</p> <p><b>Served with:</b></p> <p>Corn Fresh Baby Carrots Green Leaf Lettuce Fresh Fruit Chilled Mandarin Oranges Cinnamon Roll *</p>	<p><b>THURSDAY 29</b></p> <p><b>Choice of:</b></p> <p>Nacho Grande Corn Dog PBJ Sandwich with Cheese and Crackers Yogurt with Cheese Stick and Crackers</p> <p><b>Served with:</b></p> <p>Refried Beans Fresh Cauliflower Green Leaf Lettuce &amp; Diced Tomatoes Fresh Baby Carrots Chilled Pineapple Fresh Grapes</p>	<p><b>FRIDAY 30</b></p> <p><b>Choice of:</b></p> <p>Popcorn Chicken Macaroni &amp; Cheese Sun Butter with Pretzels Yogurt and Cheese Stick with Pretzels</p> <p><b>Served with:</b></p> <p>Potato Smiles Green Beans Green Leaf Lettuce Chilled Peaches Fresh Apple Slices Fresh Green Peppers</p>