

# EES

## Lunch

# SEPTEMBER | 2022



We appreciate your understanding if our menu changes due to significant availability issues in the nationwide supply chain changes. Free & Reduced meal applications are available all year at [www.payschoolscentral.com](http://www.payschoolscentral.com). Approved applications may receive additional benefits

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b> French Toast Sticks 57 Sausage Links 0 Potato Bites 19 Fresh Carrots 12 Fresh Fruit Milk	<b>2</b> Stuffed Crust Cheese Pizza 36 Green Beans 4 Fresh Veggies Diced Peaches 17 Milk
<b>5</b> No School	<b>6</b> Breaded Chicken Patty Sandwich 40 Broccoli & Cheese 7 Fresh Carrots 12 Fresh Fruit Milk	<b>7</b> Corn Dog 30 Baked Beans 33 Fresh Carrots 12 Chocolate Chip Cookies 25 Applesauce 22 Milk	<b>8</b> Soft Pretzel Bites 40 Cheese Sauce 5 Green Beans 4 Cucumber Slices 1 Diced Pears 16 Milk	<b>9</b> Mini Confetti Pancakes 36 Strawberry Yogurt 12 Emoji Fries 18 Fresh Veggies Strawberry Cup 22 Milk
<b>12</b> Chicken Sticks 16 Cheesy Mashed Potatoes 22 Fresh Carrots 12 Sweet Roll 31 Applesauce 22 Milk	<b>13</b> Rotini Pasta W/Meat Sauce 24 Salad 2 W/Ranch Dip 2 Fresh Veggies Garlic Breadstick 24 Diced Pears 16 Milk	<b>14</b> Mozzarella Cheese Sticks 33 Marinara Sauce 3 Green Beans 4 Fresh Broccoli 5 Fresh Fruit Milk <b>2 Hour Delay</b>	<b>15</b> Nachos W/Meat & Cheese 51 Refried Beans 31 Fresh Veggies 100% Juice Milk	<b>16</b> French Toast Sticks 57 Egg & Cheese Omelet 1 Potato Bites 19 Fresh Carrots 12 Fresh Fruit Milk
<b>19</b> Hotdog on a Bun 28 French Fries 20 Fresh Carrots 12 Frozen Slushie Cup 22 Milk	<b>20</b> Pepperoni Pizza 37 Seasoned Corn 24 Fresh Broccoli 5 Fresh Fruit Milk	<b>21</b> Walking Taco 29 Taco Meat, Doritos. Lettuce & Cheese Black Beans 31 100% Juice Milk	<b>22</b> Popcorn Chicken 16 Cheesy Mashed Potatoes 22 Fresh Carrots 12 Sweet Roll 31 Fresh Fruit Milk	<b>23</b> Cheese Pizza Rolls 41 Green Beans 4 Fresh Veggies Applesauce 22 Milk
<b>26</b> Stuffed Crust Cheese Pizza 36 Green Beans 4 Fresh Veggies Diced Peaches 17 Milk	<b>27</b> Cheeseburger Sandwich 26 Green Beans 4 Grape Tomatoes 3 Fresh Fruit Milk	<b>28</b> No School Staff Professional Development Day	<b>29</b> French Toast Sticks 57 Sausage Links 0 Potato Bites 19 Fresh Carrots 12 Fresh Fruit Milk	<b>30</b> Chicken Drumstick 6 Mashed Potatoes 21 Gravy 3 Fresh Veggie Warm Biscuit 22 Applesauce 22 Milk

**The USDA No Charge Meal Waiver has expired. Please note that unless you have submitted a new 2022-2023 Free & Reduced Meal Application & been notified of approval, your student will be charged for their meal.**

**Meal Cost:**  
**Lunch:** Paid \$2.60, Reduced to \$0.40, Free to those who qualify  
**Breakfast:**  
Paid \$1.00  
Reduced & Free to those who qualify— No Charge

**Charge policy:** After 3 lunch charges, students will be offered a cheese sandwich, fruit, veggie, & milk until charges are paid.

**Carb Counts:** White milk 13 / Chocolate milk 19 / Strawberry milk 19 /BBQ sauce 5 / Ketchup 2 / Mayo 2 / Veggie dip 2 / Banana 27 / Oranges 21 / Whole apple 19 / Grapes 18 / Apple & Orange Juice 14 / Grape Juice 19