

# Elementary

SEPTEMBER LUNCH MENU

2022-2023

**MEAL PRICING:**  
**Students:** FREE  
**Guest / Staff:**  
 B \$3.00 L \$4.50

Students MUST select 3 food groups and one MUST be a 1/2 cup fruit or veggie. Students may choose an entrée item, all veggies, a fruit, choice of milk and any extra items offered.

Pre-Kindergarten - A lunch meal includes a whole grain, protein, vegetable, fruit and choice of milk.



**1% White Milk and FF Chocolate Milk Offered with Every Meal**

**MENU SUBJECT TO CHANGE**

SEPTEMBER

**MON-5**



**TUE**

Walking Taco OR  
 Classic Lunch Pack  
 V: Ranchero Beans,  
 Fiesta Salad  
 Assorted Fruit  
 Condiments

**WED**

Thin Crust Pizza OR  
 Fiesta Lunch Pack  
 V: Green Beans,  
 Cucumber & Tajin  
 Assorted Fruit  
 Ranch

**THU**

Cheese Enchiladas OR  
 Pizza Pal Lunch Pack  
 V: Chile Lime Carrots,  
 Red Pepper Strips  
 Assorted Fruit  
 Ranch

**FRI**

Chicken & Waffle with  
 Syrup OR  
 Brunch Lunch Pack  
 V: Emoji Potatoes,  
 Steamed Veggie Mix  
 Assorted Fruit  
 Emoji Fruit Cup  
 Condiments

SEPTEMBER

**MON-13**

Popcorn Chicken Bowl  
 OR Graham & Go Lunch  
 Pack  
 V: Texas Salad,  
 Celery Sticks  
 Assorted Fruit  
 Ranch

**TUE**

Crispy Tacos  
 OR Classic Lunch Pack  
 V: Refried Beans,  
 Fiesta Salad  
 Assorted Fruit  
 Condiments

**WED**

Pepperoni or Cheese  
 Pizza  
 OR Fiesta Lunch Pack  
 V: Romain Salad w/  
 Tomatoes  
 Assorted Fruit  
 Ranch

**THU**

Totchos OR  
 Pizza Pal Lunch Pack  
 Whole Grain Roll  
 V: Carrot Shakers,  
 Golden Corn  
 Assorted Fruit  
 Condiments

**FRI**

Crispy Chicken Burger  
 OR Brunch Lunch Pack  
 V: Baked Beans,  
 Burger Fixin's  
 Assorted Fruit  
 Condiments

SEPTEMBER

**MON-19**

Breaded Drumstick  
 OR Graham & Go  
 Mac & Cheese  
 V: Steamed Broccoli,  
 Cooked Carrots  
 Condiments

**TUE**

2 Soft Tacos OR  
 Classic Lunch Pack  
 V: Refried Beans,  
 Fiesta Salad  
 Salsa, Sour Cream,  
 & Taco Sauce

**WED**

Cheeseburger OR  
 Fiesta Lunch Pack  
 V: Sweet Potato Fries,  
 Hamburger Fixin's  
 Assorted Fruit  
 Condiments

**THU**

Pupusas con Frijoles  
 OR  
 Pizza Pal Lunch Pack  
 V: Cabbage Slaw,  
 Jicama & Tajin  
 Assorted Fruit  
 Salsa

**FRI**

Crispy Chicken Chunks  
 OR Brunch Lunch Pack  
 Whole Grain Roll  
 V: French Fries,  
 Fresh Red Pepper  
 Strips  
 Condiments

SEPTEMBER

**MON-26**

Chicken Alfredo OR  
 Graham & Go Lunch  
 Pack  
 V: Green Garden Salad,  
 Tuscan Veggies  
 Assorted Fruit  
 Condiments

**TUE**

Walking Taco OR  
 Classic Lunch Pack  
 V: Ranchero Beans,  
 Fiesta Salad  
 Assorted Fruit  
 Condiments

**WED**

Thin Crust Pizza OR  
 Fiesta Lunch Pack  
 V: Green Beans,  
 Cucumber & Tajin  
 Assorted Fruit  
 Ranch

**THU**

Cheese Enchiladas OR  
 Pizza Pal Lunch Pack  
 V: Chile Lime Carrots,  
 Red Pepper Strips  
 Assorted Fruit  
 Ranch

**FRI**

Chicken & Waffle with  
 Syrup OR  
 Brunch Lunch Pack  
 V: Emoji Potatoes,  
 Steamed Veggie Mix  
 Assorted Fruit  
 Emoji Fruit Cup  
 Condiments

**School Nutrition Policy:** The Texas Department of Agriculture does not regulate what parents send with their child for lunch. Students may not share their food with others. In addition, an adult is not allowed to consume all or part of a meal served to a student. For more detailed information, visit [squaremeals.org](http://squaremeals.org) or the district web page for our district Wellness Policy, Smart Snacks in Schools and other department information. This institution is an equal opportunity provider.