AUGUST | 2023
Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				4 Pizza Slice Celery Fresh Fruit Choice of Milk
7 Mini Corn Dogs Cucumbers Fresh Fruit Choice of Milk	**8** Chicken Drumstick with Biscuit Mashed Potatoes Fresh Fruit Choice of Milk	**9** Pasta Bar Broccoli Fresh Fruit Choice of Milk	**10** Hamburger Baked Beans Fresh Fruit Choice of Milk	**11** Mozzarella Sticks with Marinara Sauce Carrots Fresh Fruit Choice of Milk
14 Chicken Sandwich Tater Tots Fresh Fruit Choice of Milk	**15** Walking Taco Refried Beans Fresh Fruit Choice of Milk	**16** Sweet & Sour Chicken Fried Rice Broccoli Fresh Fruit Choice of Milk	**17** Hot Dog Green Beans Fresh Fruit Choice of Milk	**18** Calzone Carrots Fresh Fruit Choice of Milk
21 Teriyaki Dippers with Dinner Roll Broccoli Fresh Fruit Choice of Milk	**22** Beef and Cheese Dip with Tortilla Chips Refried Beans Fresh Fruit Choice of Milk	**23** Chicken and Waffles Strawberry Sauce Cherry Tomatoes Fresh Fruit Choice of Milk	**24** Chicken Nuggets Smiley Potatoes Fresh Fruit Choice of Milk	**25** Bosco Sticks with Marinara Sauce Snap Peas Fresh Fruit Choice of Milk
28 Sloppy Joe or Pulled Pork Baked Beans Fresh Fruit Choice of Milk	**29** Mac and Cheese with Chicken Fries Broccoli Fresh Fruit Choice of Milk	**30** Pizza Slices Green Beans Fresh Fruit Choice of Milk	**31** French Toast and Sausage Patty Sweet Potato Wedges Fresh Fruit Choice of Milk	**1** Chicken Poppers with Corn Bread Corn Fresh Fruit Choice of Milk

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]

Meal Prices:
Breakfast: $2.25
Lunch: $3.50
Adult: $4.80
Extra Milk: $0.50

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER   MENU SUBJECT TO CHANGE   *FREE WATER AVAILABLE*