

SEPTEMBER | 2023

Elementary Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	3 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
4 No School! 	5 Chicken Drumstick with Biscuit Mashed Potatoes Fresh Fruit Choice of Milk	6 Pasta Bar Broccoli Fresh Fruit Choice of Milk	7 Hamburger Baked Beans Fresh Fruit Choice of Milk	8 Mozzarella Sticks with Marinara Sauce Mini Peppers Fresh Fruit Choice of Milk
1 Chicken Sandwich Tater Tots Fresh Fruit Choice of Milk	12 Walking Taco Refried Beans Fresh Fruit Choice of Milk	13 Sweet & Sour Chicken Fried Rice Broccoli Fresh Fruit Choice of Milk	14 Hot Dog Green Beans Fresh Fruit Choice of Milk	15 Calzone Carrots Fresh Fruit Choice of Milk
18 Teriyaki Dippers with Dinner Roll Broccoli Fresh Fruit Choice of Milk	19 Beef and Cheese Dip with Tortilla Chips Refried Beans Fresh Fruit Choice of Milk	20 Chicken and Waffles Strawberry Sauce Cherry Tomatoes Fresh Fruit Choice of Milk	2 Chicken Nuggets Smiley Potatoes Fresh Fruit Choice of Milk	2 Bosco Sticks with Marinara Sauce Snap Peas Fresh Fruit Choice of Milk
25 Sloppy Joe or Pulled Pork Baked Beans Fresh Fruit Choice of Milk	16 Mac and Cheese with Chicken Fries Broccoli Fresh Fruit Choice of Milk	27 Pizza Slices Green Beans Fresh Fruit Choice of Milk	28 French Toast and Sausage Patty Sweet Potato Wedges Fresh Fruit Choice of Milk	29 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