

# 2023-2024 RADNOR TOWNSHIP SCHOOL DISTRICT ELEMENTARY SCHOOL MENU

## BREAKFAST MENU

Student may substitute low sugar cereal and/or muffin for the daily entrée. Students must take at least 1/2 cup fruit with each meal. Choice of milk is served with all meals!

WEEKLY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<ul style="list-style-type: none"> <li>WG French Toast</li> <li>LF Sausage</li> <li>Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Sausage, Egg, Cheese on Croissant</li> <li>Assorted 100% Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Waffles</li> <li>Sausage</li> <li>Chilled Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Egg &amp; Cheese Breakfast Sandwich</li> <li>Assorted Fruit</li> <li>Chilled Fruit</li> </ul>	<ul style="list-style-type: none"> <li>WG Pancakes</li> <li>LF Sausage</li> <li>Assorted 100% Fruit Juice</li> </ul>

## MEAL PRICING

BREAKFAST.....	FREE
REDUCED BREAKFAST.....	FREE
LUNCH.....	\$3.00
REDUCED LUNCH.....	FREE

## LUNCH MENU

LF= Low Fat WW= Whole Wheat WG= Whole Grain

Hot Alternatives: Hamburger/Cheese on WW Bun – Monday & Wednesday, Stuffed Breadsticks – Tuesday & Thursday, Fresh Cheese Pizza – Fridays  
Grab & Go Lunch – Daily

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<ul style="list-style-type: none"> <li>WG LF Specialty Pizza</li> <li>Steamed Seasoned Broccoli</li> <li>Sliced Apples</li> <li>Assorted 100% Fruit Juice</li> <li>Cheez-Its</li> </ul>	<ul style="list-style-type: none"> <li>Tasty Turkey Walking Tacos</li> <li>Tomato &amp; Shredded Lettuce</li> <li>Mexican Corn</li> <li>Chickpea Salad</li> <li>Assorted 100% Fruit Juice</li> <li>Chilled Sliced Pears</li> </ul>	<b>PASTA BAR</b> <ul style="list-style-type: none"> <li>Pasta of the Day</li> <li>Meatballs w/wo Marinara Sauce</li> <li>Mixed Green Salad with LF Dressing</li> <li>Sliced Cucumbers with FF Dip</li> <li>Chilled Fruit</li> <li>Whole Grain Roll</li> </ul>	<b>BREAKFAST FOR LUNCH</b> <ul style="list-style-type: none"> <li>Home-Style WG Pancakes with Syrup</li> <li>LF Sausage</li> <li>Tater Tots</li> <li>Chilled Sliced Apples</li> <li>Assorted 100% Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Steaks on Roll</li> <li>Oven Baked French Fries</li> <li>Celery Sticks with FF Dip</li> <li>Baby Carrots with LF Dressing</li> <li>Sliced Oranges</li> <li>Goldfish</li> </ul>
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<ul style="list-style-type: none"> <li>Chicken Nuggets with WG Roll</li> <li>Smiley Potatoes</li> <li>Corn</li> <li>Assorted 100% Fruit Juice</li> <li>Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Hot Dog on WW Roll</li> <li>Macaroni &amp; Cheese</li> <li>Baked Beans</li> <li>Sliced Apples</li> </ul>	<b>PASTA BAR</b> <ul style="list-style-type: none"> <li>Ziti with Meat Sauce</li> <li>Mixed Green Salad with LF Dressing</li> <li>Van or Choc Pudding</li> <li>Sliced Italian Bread</li> <li>Seasonal Fresh Fruit</li> </ul>	<b>Flex Day</b> Menu will be posted on the website and in cafeterias	<ul style="list-style-type: none"> <li>Tangerine Glazed Chicken with Steamed Rice</li> <li>Petite Peas</li> <li>Fresh Carrot Sticks with FF Dip</li> <li>Chilled Fruit</li> <li>Dinner Roll</li> <li>Fortune Cookie</li> <li>Assorted 100% Fruit Juice</li> </ul>
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<ul style="list-style-type: none"> <li>WG LF Specialty Pizza</li> <li>Oven Baked Fries</li> <li>Baby Carrots with LF Dip</li> <li>Edamame</li> <li>Fresh Whole Fruit Basket</li> <li>WG Animal Crackers</li> </ul>	<b>BREAKFAST FOR LUNCH</b> <ul style="list-style-type: none"> <li>WG French Toast with Syrup</li> <li>LF Sausage</li> <li>Potato Tots</li> <li>Assorted 100% Fruit Juice</li> <li>Orange Smiles</li> </ul>	<b>PASTA BAR</b> <ul style="list-style-type: none"> <li>Assorted Pasta</li> <li>Marinara Sauce w/wo Meatballs</li> <li>Romaine Lettuce and Tomato</li> <li>Chilled Fruit</li> <li>Steamed Broccoli</li> <li>Garlic Breadstick</li> </ul>	<ul style="list-style-type: none"> <li>Grilled Cheese Sandwich</li> <li>Creamy Tomato Soup</li> <li>Baby Carrots with FF Dip</li> <li>Seedless Grapes</li> <li>Goldfish</li> </ul>	<ul style="list-style-type: none"> <li>Fish Sticks with LF Dip</li> <li>Baked Beans</li> <li>Coleslaw</li> <li>Raw Veggie Tray with FF Dip</li> <li>WG Roll</li> <li>Side Kick – 100% Fruit</li> </ul>
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<ul style="list-style-type: none"> <li>Chicken &amp; Waffles with Syrup</li> <li>Steamed Corn</li> <li>Sliced Apples</li> <li>Assorted 100% Fruit Juice</li> <li>Cheez-Its</li> </ul>	<ul style="list-style-type: none"> <li>Nacho Bar with Seasoned Beef, LF Cheese, Shredded Romaine Lettuce &amp; Tomatoes</li> <li>Black Bean Salad</li> <li>Chilled Fruit</li> </ul>	<b>PASTA BAR</b> <ul style="list-style-type: none"> <li>Rotini Pasta with Chicken Alfredo Sauce</li> <li>Mixed Green Salad with LF Dressing</li> <li>Italian Bread</li> <li>Fresh Fruit</li> <li>Graham Crackers</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Patty on WW Roll</li> <li>Lettuce, Tomato &amp; Pickle</li> <li>Mashed Potatoes</li> <li>Celery Stick with FF Dip</li> <li>Chilled Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Mozzarella Sticks with Marinara Dipping Sauce</li> <li>Garlic Breadstick</li> <li>Sweet Potatoes</li> <li>Assorted 100% Fruit Juice</li> <li>Apple Slices</li> </ul>

## SCHOOL MEAL CALENDAR

- Week One Meal Plan
- Week Two Meal Plan
- Week Three Meal Plan
- Week Four Meal Plan

### SEPTEMBER '23

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

### OCTOBER '23

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### NOVEMBER '23

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

### DECEMBER '23

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

### JANUARY '24

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### FEBRUARY '24

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

### MARCH '24

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

### APRIL '24

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

### MAY '24

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### JUNE '24

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Choice of milk available with all meals.





## WAYS TO PAY FOR MEALS

### DO YOU KNOW WHAT MAKES UP A SCHOOL LUNCH?

- There are 5 components:
- Fruit or 100% Fruit Juice
  - Vegetable
  - Meat or Meat Alternative
  - Grain
  - Fluid Milk

A student must take 3 of the 5 components, one of which must be a fruit or vegetable



### HOW TO PURCHASE MEALS WWW.EZSCHOOLPAY.COM

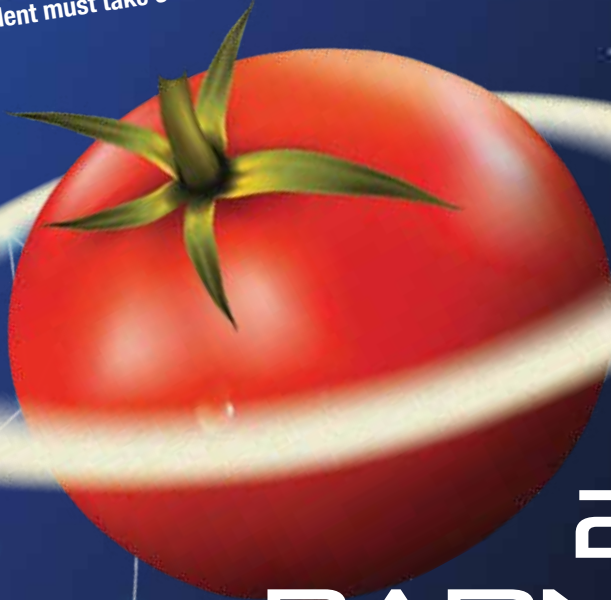
RTSD Now Offers EZSchoolPay.com an online payment service for parents, use EZSchoolPay to:

- Pay for your child's meals
- Set up automatic email reminders to tell you when a payment is needed
- Make payments for all your children, even if they attend different schools
- View your child's cafeteria purchases and get information on foods your child eats at school

If you choose not to make payments using EZSchoolPay.com, you can still sign up for email reminders of low balance, and it's free of charge.

<http://www.ezschoollpay.com>

Payments by check/cash are acceptable. Please indicate your student's name and ID number on all checks.



# 2023-2024 RADNOR TOWNSHIP SCHOOL DISTRICT ELEMENTARY SCHOOL MENU



#### MEAL CHARGING INFORMATION:

Our children are our most valuable resource and we want each and every one of them to have a proper lunch. No matter the ability to pay, every single student entering our cafeterias will be offered a qualified reimbursable meal of their choice which must include a fruit or vegetable with no questions asked. They are, however, prohibited from buying any extras — ice cream, chips, and other snacks — but they still get their full lunch when their account is in the negative.

Parents will be notified when their student has a negative lunch balance. Parents are expected to cover the cost of their student's lunches.

These guidelines are essential as a part of the safety net that protects American children from going hungry. Please see the district's food service website (<https://www.rtsd.org/Page/22276>) for details on the charging policy.



## 2023-2024 ELEMENTARY SCHOOL MENU

For questions please contact  
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ext. 6048

