

# MENUS FOR SEPTEMBER 2023

## ELANCO SD-ELEMENTARY MENU

This institution is an equal opportunity provider. Menus are subject to change.

**HAPPY  
LABOR DAY!**



Try not to be **BLUE**  
about Summer's end -  
enjoy the last sweet  
days of the season  
**BERRY** much!

**Tuesday, September 5**

### Breakfast

1. Bacon, Egg & Cheese Croissant
2. Donut Holes  
Fruit & Milk

### Lunch

1. Chicken Nuggets
2. Hot Dog on WW Roll  
Macaroni & Cheese  
Baked Beans  
Fruit/Veggies  
Milk

**Wed., September 6**

### Breakfast

1. Chocolate Chip Waffle
2. Assorted Cereal  
Fruit & Milk

### Lunch

1. Cheese Pizza
2. Corn Dogs
3. Taco Salad  
Curly fries  
Fruit/Veggies  
Milk

**Thursday, September 7**

### Breakfast

1. Sausage Egg & Cheese Crossiant
2. Assorted Muffins  
Fruit & Milk

### Lunch

1. Build a Pizza Munchable
2. Chicken patty Sandwich
3. Taco Salad  
Buttered Noodles  
Fruit/Veggies  
Milk

**Friday, September 8**

### Breakfast

1. Celebration Breakfast Bar
2. WG Donuts  
Fruit & Milk

### Lunch

1. Macaroni & Cheese
2. Protein Pack-Trix Yogurt/Banana Bread Slice/Cheese Stick  
Broc & Cauli  
Fruit/Veggies  
Milk

**Monday, September 11**

### Breakfast

1. Cinni Mini
2. Assorted Muffins  
Fruit & Milk

### Lunch

1. Egg & Cheese Omelet with Cinnamon Roll
2. Assorted Cereal  
Bacon  
Tater Tots  
Trix Yogurt  
Fruit/Veggies  
Milk

**Tuesday, September 12**

### Breakfast

1. Bacon, Egg & Cheese Croissant
2. Donut Holes  
Fruit & Milk

### Lunch

1. Peperoni Pizza
2. Grilled Cheese
3. Spartan Chicken Salad  
Tomato Soup  
Fruit/Veggies  
Milk

**Wed., September 13**

### Breakfast

1. Chocolate Chip Waffle
2. Assorted Cereal  
Fruit & Milk

### Lunch

1. Popcorn Chicken
2. Diced Turkey
3. Spartan Chicken Salad  
Mashed Potatoes/  
Gravy & Corn  
Dinner Roll  
Fruit/Veggies  
Milk

**Thursday, September 14**

### Breakfast

1. Sausage Egg & Cheese Crossiant
2. Assorted Muffins  
Fruit & Milk

### Lunch

1. Cheese Lasagna Roll Ups with Breadstick
2. Bosco Cheese Sticks
3. Spartan Chicken Salad  
Side Salad  
Fruit/Veggies  
Milk

**Friday, September 15**

### Breakfast

1. Celebration Breakfast Bar
2. WG Donuts  
Fruit & Milk

### Lunch

1. Hot Dog on WG Bun
2. American Hoagie  
Assorted chips  
Baked Beans  
Fruit/Veggies  
Milk



Every complete meal  
we serve comes with  
your choice of milk!



*In eternal  
remembrance of the  
victims, in continued  
support of their  
families, and in  
undying gratitude to  
the heroes.*

Sept. 11, 2001

# DON'T 4 GET!

Take at least **ONE**  
**FRUIT or VEGGIE**  
and at least **THREE**  
items total so your meal  
counts as a complete lunch!



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Check out the PA Harvest of the Month website ([www.paharvestofthemonth.org](http://www.paharvestofthemonth.org)) for sources, additional resources, and recipes.

## Word of the Month gra·cious

- adj.* 1. characterized by kindness and warm courtesy  
2. merciful, compassionate  
3. elegant, charming



# CELEBRATE DUMPLINGS

SEPTEMBER 26<sup>TH</sup> IS  
NATIONAL DUMPLING DAY



Monday, September 18

## Breakfast

1. Cinni Mini
2. Assorted Muffins  
Fruit & Milk

## Lunch

1. French Toast  
Sticks & Sausage
2. Sausage, Egg &  
Cheese Croissant  
Hashbrowns  
Fruit/Veggies  
Milk

Tuesday, September 19

## Breakfast

1. Bacon, Egg &  
Cheese Croissant
2. Donut Holes  
Fruit & Milk

## Lunch

1. Walking Taco
2. Chicken Patty  
Sandwich
3. Chef Salad  
WG Rice  
Black Bean Fiesta  
Fruit/Veggies  
Milk

Wed., September 20

## Breakfast

1. Chocolate Chip  
Waffle
2. Assorted Cereal  
Fruit & Milk

## Lunch

1. Chicken Tenders
2. Granola, Fruit  
and Yogurt Parfait
3. Chef Salad  
Smiley Fries  
Fruit/Veggies  
Milk

Thursday, September 21

## Breakfast

1. Sausage Egg &  
Cheese Crossiant
2. Assorted Muffins  
Fruit & Milk

## Lunch

1. General Tso's  
Chicken
2. Sea Wonder Fish  
Shapes
3. Chef Salad  
WG Rice/ Steamed  
Broccoli/Fruit/  
Veggies/Milk

Friday, September 22

## Breakfast

1. Celebration  
Breakfast Bar
2. WG Donuts  
Fruit & Milk

## Lunch

1. Cheeseburger
2. Cheese Nachos  
Sweet Potato Puffs  
Fruit/Veggies  
Milk

Monday, September 25

## Breakfast

1. Cinni Mini
2. Assorted Muffins  
Fruit & Milk

## Lunch

1. Chicken Nuggets
2. Hot Dog on WW  
Roll  
Macaroni &  
Cheese  
Baked Beans  
Fruit/Veggies/Milk

Tuesday, September 26

## Breakfast

1. Bacon, Egg &  
Cheese Croissant
2. Donut Holes  
Fruit & Milk

## Lunch

1. Max Sticks with  
Marinara & French  
Fries
2. Pork & Veggie  
Dumplings over Stir  
Fried Rice
3. Taco Salad  
Fruit/Veggies  
Milk

Wed., September 27

## Breakfast

1. Chocolate Chip  
Waffle
2. Assorted Cereal  
Fruit & Milk

## Lunch

1. Cheese Pizza
2. Corn Dogs
3. Taco Salad  
Curly fries  
Fruit/Veggies  
Milk

Thursday, September 28

## Breakfast

1. Sausage Egg &  
Cheese Crossiant
2. Assorted Muffins  
Fruit & Milk

## Lunch

1. Build a Pizza  
Munchable
2. Chicken patty  
Sandwich
3. Taco Salad  
Buttered Noodles  
Fruit/Veggies  
Milk

Friday, September 29

## Breakfast

1. Celebration  
Breakfast Bar
2. WG Donuts  
Fruit & Milk

## Lunch

1. Macaroni &  
Cheese
2. Protein Pack-  
Trix Yogurt/Banana  
Bread Slice/Cheese  
Stick  
Broc & Cauli  
Fruit/Veggies  
Milk

# MAY CONTAIN PORCUPINE.

The fisher is a cat-sized weasel that lives in wooded areas in New England and elsewhere in the U.S. Along with the mighty mountain lion, the little fisher is the only predator that regularly preys on porcupines. When the porcupine shows the fisher the deadly quills on its rear, the fisher jumps completely over it to get face-to-face again, and repeats this tactic until the porcupine grows confused and tired and weakens.

## ANIMAL APPETITES



## NUTRITION TO GO

Broccoli is a "smart carb," a food that provides lots of fiber and complex carbohydrates that aid digestion and make you feel full longer. Broccoli's good for bone health, heart health, cancer prevention, reducing cholesterol, and even reducing allergies and inflammation!

## A QUICK BITE FOR PARENTS