

*Elementary School
Lunch Menu
Fall 2023*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Sept 25	Sept 26	Sept 27	Sept 28	Sept 29
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	Holiday	<ul style="list-style-type: none"> ● RPS Burger ● Crinkle Cut Fries ● Pickle, Tomato & Lettuce Cup ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● BBQ Chicken w/Dinner Roll ● Steamed Broccoli ● Baked Sweet Potato ● Orange ● Assorted Milk 	<ul style="list-style-type: none"> ● Corn Dog ● Baked Beans ● Potato Wedges ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Big Daddy's Pizza ● Garden Salad ● Baby Carrots ● Applesauce Cup ● Assorted Milk
<i>Week 2</i>	Oct 2	Oct 3	Oct 4	Oct 5	Oct 6
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> ● Crispy Chicken Sandwich ● Coleslaw ● Potato Wedges ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Turkey Taco w/ Tortilla Chips ● Black Beans ● Salsa Cup ● Orange ● Assorted Milk 	<ul style="list-style-type: none"> ● Breakfast for Lunch: Chicken & Waffles ● Mixed Vegetables ● Hashbrown Patty ● Diced Pears ● Assorted Milk 	<ul style="list-style-type: none"> ● Teriyaki Chicken w/Rice ● Steamed Broccoli ● Baby Carrots ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Big Daddy's Pizza ● Garden Salad ● Seasoned Corn ● Strawberry Cup ● Assorted Milk
<i>Week 3</i>	Oct 9	Oct 10	Oct 11	Oct 12	Oct 13
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> ● Hot Dog ● Baked Beans ● Steamed Broccoli ● Banana ● Assorted Milk 	<ul style="list-style-type: none"> ● Fajita Chicken & Rice Bowl ● Black Beans ● Salsa Cup ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Spaghetti w/ Meatballs & Breadstick ● Green Beans ● Baby Carrots ● Pear ● Assorted Milk 	<ul style="list-style-type: none"> ● Chicken Nuggets w/ Biscuit ● Steamed Broccoli ● Seasoned Corn ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Big Daddy's Pizza ● Seasoned Corn ● Garden Salad ● Apple ● Assorted Milk
	<i>**National</i>	<i>School</i>	<i>Lunch</i>	<i>Week</i>	<i>Level Up!**</i>

Additional Daily Entree Options

- Yogurt w/Cheese & Crackers
- Parfait w/Fruit & Granola
- Hummus & Veggie Box
- Entree Salad

(Manager may offer 1-2 additional options daily. Varies by school, see your cafe manager for details)

Nutrition Bites

- Oct 9-13 is National School Lunch Week. The theme is Level Up!
- When you are low on energy, seek out nutritious food to fuel your mind and your next adventure, just like your favorite video game character!
- Learn more about the National School Lunch Program at [nokidhungry.org/blog/what-is-the-national-school-lunch-program](https://www.nokidhungry.org/blog/what-is-the-national-school-lunch-program)

Lunch includes:
Choice of 1 Entree,
1-2 Vegetables, 1 Fruit,
and 1 Milk

Menu subject to change due
to item availability

Vegetarian Options
Available Upon Request

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Oct 16	Oct 17	Oct 18	Oct 19	Oct 20
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> ● Pizza Dippers ● Marinara Cup ● Mixed Vegetables ● Diced Pears ● Assorted Milk 	<ul style="list-style-type: none"> ● RPS Burger ● Crinkle Cut Fries ● Pickle, Tomato & Lettuce Cup ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● BBQ Chicken w/Dinner Roll ● Steamed Broccoli ● Baked Sweet Potato ● Orange ● Assorted Milk 	<ul style="list-style-type: none"> ● Corn Dog ● Baked Beans ● Potato Wedges ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Big Daddy's Pizza ● Garden Salad ● Baby Carrots ● Applesauce Cup ● Assorted Milk
<i>Week 2</i>	Oct 23	Oct 24	Oct 25	Oct 26	Oct 27
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> ● Crispy Chicken Sandwich ● Coleslaw ● Potato Wedges ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Turkey Taco w/ Tortilla Chips ● Black Beans ● Salsa Cup ● Orange ● Assorted Milk 	<ul style="list-style-type: none"> ● Breakfast for Lunch: Chicken & Waffles ● Mixed Vegetables ● Hashbrown Patty ● Diced Pears ● Assorted Milk 	<ul style="list-style-type: none"> ● Teriyaki Chicken w/Rice ● Steamed Broccoli ● Baby Carrots ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Big Daddy's Pizza ● Garden Salad ● Seasoned Corn ● Strawberry Cup ● Assorted Milk
<i>Week 3</i>	Oct 30	Oct 31	Nov 1	Nov 2	Nov 3
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> ● Hot Dog ● Baked Beans ● Steamed Broccoli ● Banana ● Assorted Milk 	<ul style="list-style-type: none"> ● Fajita Chicken & Rice Bowl ● Black Beans ● Salsa Cup ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Spaghetti w/ Meatballs & Breadstick ● Green Beans ● Baby Carrots ● Pear ● Assorted Milk 	<ul style="list-style-type: none"> ● Chicken Nuggets w/ Biscuit ● Steamed Broccoli ● Seasoned Corn ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Big Daddy's Pizza ● Seasoned Corn ● Garden Salad ● Apple ● Assorted Milk

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- Entree Salad

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Nutrition Bites

- October is National Apple Month
- "An apple a day keeps the doctor away" because apples are packed with nutrients like fiber and antioxidants that keep your brain, heart, and gut healthy.
- Learn more at health.clevelandclinic.org/benefits-of-apples/

Lunch includes:
Choice of 1 Entree,
1-2 Vegetables, 1 Fruit,
and 1 Milk

Menu subject to change due
to item availability

Vegetarian Options
Available Upon Request