

# Elementary Lunch Menu

## September, 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>NO SCHOOL LABOR DAY</b></p> <p><b>Offered Daily on all Serving Lines:</b> Fresh Vegetable Sticks Fresh Fruit and Fruit Sauce Milk Choice</p>	<p>6 <u><b>Cheese Pizza</b></u></p> <p>Honey Roasted Carrots Romaine Lettuce Salad w/ Tomatoes</p>	<p>7 <u><b>Chicken Tenders</b></u></p> <p>Whipped Potatoes Low Fat Gravy Creamy Coleslaw Green Beans School Made Dinner Roll</p>	<p>8 <u><b>Mini Corn Dogs</b></u></p> <p>Twister Fries Fresh Broccoli Florets Low Fat Dip School Made Cookie</p>	<p>9 <u><b>Hamburger</b></u></p> <p>Fresh Burger Fixings Oven Crisp Potatoes Vegetarian Baked Beans</p>
<p>12 <u><b>Chicken Tenders</b></u></p> <p>Whipped Potatoes Low Fat Gravy Green Beans School Made Dinner Roll</p> <p>Alternate: Hamburger</p>	<p>13 <u><b>Sloppy Joe</b></u></p> <p>Vegetarian Baked Beans Creamy Coleslaw</p> <p>Alternate: Chicken Patty</p>	<p>14 <u><b>Hot Hoagie Sandwich</b></u></p> <p>Fresh Baby Carrots Bag of Baked Chips</p> <p>Alternate: Cheese Pizza</p>	<p>15 <u><b>Italian Dunker Cheese Bread</b></u></p> <p>Marinara Sauce Crisp Romaine Salad California Blend Vegetables</p> <p>Alternate: Sliced Turkey and Provolone Cheese Sandwich</p>	<p>16 <u><b>Macaroni and Cheese</b></u></p> <p>Fresh Tender Spinach Salad Sweet Green Peas Snack Crackers</p> <p>Alternate: Yogurt and String Cheese</p>
<p>19 <u><b>Mini Corn Dogs</b></u></p> <p>Twister Fries Roasted carrots School Made Dessert</p> <p>Alternate: Hamburger</p>	<p>20 <u><b>Brunch for Lunch</b></u></p> <p>Oven Crisp Tri Tators Fresh Broccoli and Baby Carrots Green Beans</p> <p>Alternate: Chicken Patty</p>	<p>21 <u><b>Chicken Alfredo over Pasta</b></u></p> <p>Roasted Broccoli Warm Garlic Toast</p> <p>Alternate: Cheese Pizza</p>	<p>22 <u><b>Taco Choice</b></u></p> <p>Hard or Soft Taco Shell Fresh Fixings of Shredded Romaine, Diced Tomatoes, Diced Onions, Shredded Cheese, Salsa, and Sour Cream</p> <p>Whole Kernel Corn Fiesta Black Beans Seasoned Brown Rice</p> <p>Alternate: Sliced Turkey and Provolone Cheese Sandwich</p>	<p>23 <u><b>Cheese or Pepperoni Pizza</b></u></p> <p>Fresh Spinach Salad Roasted Brussels Sprouts Snack Crackers</p> <p>Alternate: Yogurt and String Cheese</p>
<p>26 <u><b>Mandarin Orange Chicken</b></u></p> <p>Stir Fry Vegetables Seasoned Brown Rice Warm Garlic Breadstick</p> <p>Alternate: Hamburger</p>	<p>27 <u><b>Hot Pulled Pork Sandwich</b></u></p> <p><i>Vegetable of the Month:</i> <b>Roasted Squash</b> Oven Crisp Waffle Fries Ice Cream Treat</p> <p>Alternate: Chicken Patty</p>	<p>28 <u><b>Meatball Sub</b></u></p> <p>Marinara Sauce Shredded Cheese Roasted Cauliflower Bag of Baked Chips</p> <p>Alternate: Cheese Pizza</p>	<p>29 <u><b>Chicken Fajita</b></u></p> <p>Soft Tortilla Shell Fresh Fixings of Roasted Red and Green Peppers, Roasted Onions, Salsa, Sour Cream, and Shredded Cheese</p> <p>Zippy Refried Beans Seasoned Brown Rice</p> <p>Alternate: Sliced Turkey and Provolone Cheese Sandwich</p>	<p>30 <u><b>Crispy Popcorn Chicken</b></u></p> <p>Hot Oven Sweet Potatoes Parmesan Roasted Broccoli School Made Muffin</p> <p>Alternate: Yogurt and String Cheese</p>

LUNCH PRICES	
Elem. Student "Paid" .....	\$ 2.55
Student "Reduced" .....	FREE
Student "Free" .....	FREE
Milk.....	\$ .50

Menu subject to change without notice.

The nutrient analysis is based on the menu as written. Alternate menu choices are available daily but are not included in the weekly menu analysis.

All Grains/Breads offered are a minimum of 51% Whole Grain.

\*May contain Pork  
#May contain nuts or peanut butter

Any school made item could contain any of the above, please check with Kitchen Manager at site.

**Allergy Notice:** Products have been made in the District Kitchens or plants where milk, eggs, soy beans, tree nuts, peanuts and other ingredients are used.

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**Free and Reduced Meal Applications available online at [www.district279.org/fma](http://www.district279.org/fma) OR may be picked up at any school within District 279 or the District Office.**

### September's Vegetable of the month is SQUASH

**Did You Know?** Summer squash has vitamins A and C which help keep your body healthy and also help prevent you from getting sick.

