

Students eligible for FREE Lunch are eligible for FREE Breakfast
 Student Full Price 2.90
 Student Reduced Price .40
 Adult Price 3.90

SEPTEMBER 2019

ELEMENTARY SCHOOLS

LUNCH

Chef Salad
 Yogurt Tray
 Peanut Butter/Jelly Sandwich
 Offered Daily

"USDA is an equal opportunity provider and employer"

Monday	Tuesday	Wednesday	Thursday	Friday
2 SCHOOL CLOSED	3 Baked Turkey & Gravy <u>or</u> Salisbury Steak Hot Dinner Roll Mashed Potatoes Peas Assorted Fruit Flavored/Unflavored Skim Milk	4 Pizza Munchable <u>or</u> Shepherd's Pie w/Breadstick Steamed Corn Tossed Salad Chilled Fruit Flavored/Unflavored Skim Milk	5 Chili Cheese Fries <u>or</u> Chicken Caesar Wrap Black Bean & Corn Salsa w/Chips Fresh Veggies w/Dip Fresh Baked Cookie Assorted Fruit Flavored/Unflavored Skim Milk	6 Hamburger/ Cheeseburger on Bun <u>or</u> Cat Fish w/Breadstick Lettuce/ Tomato/ Pickles Northern Beans Fresh Fruit Flavored/Unflavored Skim Milk
9 Cheese Pizza <u>or</u> BBQ on Bun Steamed Corn Lima Beans Assorted Fruit Flavored/Unflavored Skim Milk	10 Chicken Noodle Soup w/Cheese Toast <u>or</u> Turkey & Cheese Sub Caesar Salad Peas Fresh Fruit Flavored/Unflavored Skim Milk	11 Baked Spaghetti w/Roll <u>or</u> Grilled Cheese Sandwich Tomato & Cucumber Salad w/Dip Green Beans Chilled Fruit Flavored/Unflavored Skim Milk	12 Chicken Quesadilla <u>or</u> Burrito Refried Beans Salsa w/Chips Fresh Fruit Flavored/Unflavored Skim Milk	13 Baked Turkey w/Gravy <u>or</u> Baked Ham Hot Roll Mashed Potatoes Green Beans Fruit Flavored/Unflavored Skim Milk
16 Baked Spaghetti w/Meatballs <u>or</u> Hot and & Cheese Sandwich Steamed Green Beans Glazed Carrots Chilled Fruit Flavored/Unflavored Skim Milk	17 TACO TUESDAY Chicken Quesadilla <u>or</u> Soft Beef Tacos Shredded Lettuce & Tomato Salad Refried Beans Fresh Fruit Flavored/Unflavored Skim Milk	18 Oven Baked BBQ Chicken w/Roll <u>or</u> Pork BBQ Sandwich Macaroni and Cheese Steamed Kale Assorted Fruit Flavored/Unflavored Skim Milk	19 Corndog Nuggets <u>or</u> Chicken Salad Croissant Fresh Garden Salad w/Dressing Oven Baked Tater Tots Chilled Fruit Flavored/Unflavored Skim Milk	20 Orange Glazed Chicken w/Brown Rice <u>or</u> Chicken Patty on Bun Fresh Veggies w/Dip Steamed Broccoli Fresh Fruit Flavored/Unflavored Skim Milk
23 Manager's Choice Ham & Cheese Croissant or BBQ on Bun Green Beans Baby Carrots w/Dip Fruit Milk	24 BREAKFAST FOR LUNCH Chicken & Waffles <u>or</u> Sausage Patty w/Pancakes Baked Tater Tots Warm Cinnamon Apples Grape Tomatoes w/Ranch Flavored/Unflavored Skim Milk	25 Chicken Nuggets <u>or</u> Baked Sliced Ham Hot Dinner Roll Mashed Potatoes Peas Chilled Fruit Flavored/Unflavored Skim Milk	26 Baked Potato w/Chili and Cheese <u>or</u> Corn Dog Caesar Salad Fresh Veggies w/Dip Cinnamon Roll Fresh Fruit Flavored/Unflavored Skim Milk	27 Pizza <u>or</u> Italian Turkey Wrap Steamed Corn Pinto Beans Assorted Fruit Flavored/Unflavored Skim Milk
30 Cat Fish w/Hushpuppies <u>or</u> Grilled Cheese Sandwich Corn on the Cob Steamed Broccoli Fresh Fruit Flavored/Unflavored Skim Milk				

Prepayments may be deposited to your account in the school cafeteria or at

