

September 2017

Elementary School Menu

LUNCH



Lunch Price: \$2.85
 Reduced Price \$.40
 Menu Subject to Change



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Patty on WGR Roll **7**
 Sweet Peas
 Chilled Fruit

1
 Cheese Pizza
 Tossed Salad
 Fresh Fruit **8**

Chicken Nuggets **11**
 Dinner Roll
 Steamed Broccoli
 Chilled Fruit

Taco **12**
 Seasoned meat with shredded cheese, Lettuce and tomato optional.
 Black Beans
 Fresh Apple

Pasta with Meat Sauce **13**
 Garlic Bread
 Green Beans
 Chilled Pears

Hamburger or Cheeseburger on WGR Roll **14**
 Oven Baked Fries
 Mandarin Oranges

Cheese Pizza **15**
 Baby Carrots
 Fresh Fruit

Hot Dog on WGR Roll **18**
 Baked Beans
 Chilled Peaches

Popcorn Chicken **19**
 Dinner Roll
 Steamed Broccoli
 Fresh Orange

Breakfast for Lunch **20**
 French Toast Sticks
 Sausage Patty
 Sweet Potato Wedges
 Choice of 100% Juice



Mozzarella Sticks **25**
 Marinara Sauce
 Garlic Bread
 Green Beans
 Pineapple Tidbits

Nacho Grande **26**
 Seasoned Meat and Cheese Sauce served over a bed of Nacho Chips.
 Black Bean Salad
 Chilled Pears

Chicken Patty on WGR Roll **27**
 Carrots
 Cup of Mixed Fruit

Cheese Steak Sandwich **28**
 Oven Baked Fries
 Fresh Orange Smiles

Cheese Pizza **29**
 Romaine Lettuce and Tomato
 Chilled PEars