

September 2019

Elementary menu

Monday	Tuesday	Wednesday	Thursday	Friday
9/2	9/3	9/4	9/5	9/6
NO SCHOOL	Chicken Patty with whole grain bun, fresh veggies, green beans, and fruit	Spaghetti with meat sauce, salad, soybeans, fruit, and garlic toast	Grilled cheese sandwich with tomato soup, fresh vegetables, and fruit	Chicken fajita with toppings, black bean salsa, corn, fruit, and an ice cream treat
9/9	9/10	9/11	9/12	9/13
Popcorn chicken with salad, potato wedges, and fruit	Meatballs in gravy, with mashed potatoes, green beans, fruit, and whole grain bread	Hot dog with a whole grain bun, baked beans, fresh vegetables, and fruit	Tater tot hot dish with salad, corn, fruit, and whole grain bread	Pepperoni pizza with fresh vegetables, brussel sprouts, fruit
9/16	9/17	9/18	9/19	9/20
Cheesy French Bread with sauce, broccoli, fresh vegetables, and fruit	Sloppy Joe with tater tots, carrots, and fruit	Chicken nuggets with curly fries, green beans, and fruit	Chili with cinnamon roll, fresh vegetables, string cheese and fruit	Sub sandwich with toppings, fresh vegetables, and chips
9/23	9/24	9/25	9/26	9/27
Omelet with sausage, tri-tater, muffin, juice and fruit	Chicken bacon ranch hot dish with salad, broccoli, fruit and a bread stick	Soft shell taco with toppings, refried beans, peas and fruit	Baked chicken breast with mashed potatoes, gravy, carrots, fruit and pudding	Hamburger with whole grain bun, French fries, corn on the cob and fruit
9/30				
Corn dog with baked beans, fresh vegetables and fruit				

*All meals are Subject to change

*All meals are offered the following milk choices: Skim, 1% or chocolate skim milk

*THIS INSTITUTION IS AN EQUAL OPPURTUNITY PROVIDER

October 2019

Elementary menu

Monday	Tuesday	Wednesday	Thursday	Friday
9/30	10/1	10/2	10/3	10/4
	Turkey sandwich with chicken noodle soup, carrots, celery, and fruit	Macaroni hot dish with salad, corn, fruit and whole grain bread	Panakes with sausage, tri-tater, juice, and fruit	Mr. rib on a whole grain bun, smile potatoes, green beans, fruit, and a smile cookie
10/7	10/8	10/9	10/10	10/11
Chicken patty with a whole grain bun, fries, fresh vegetables, and fruit	Meatballs in pizza sauce, with salad, green beans, and fruit	Taco in a bag with toppings, carrots, black bean salsa, and fruit	Chicken drumstick, with mashed potatoes, soybeans, fruit, and a whole grain dinner roll	Teriyaki chicken with rice, salad, stir fry vegetables, egg roll, and fruit
10/14	10/15	10/16	10/17	10/18
Chili Crispito with cheese sauce, green beans, salad and fruit	Pizza with fresh vegetables, peas and fruit	Sloppy joe with whole grain bun, tater tots, carrots, and fruit	NO SCHOOL	NO SCHOOL
10/21	10/22	10/23	10/24	10/25
Hamburger with whole grain bun, broccoli, French fries, and fruit	Chicken fajita with toppings, spanish rice, carrots, fruit and frozen fruit treat	Chicken noodle hot dish with green beans, salad, bread stick, and fruit	Bosco Pizza sticks with sauce, fresh vegetables, corn on the cob, and fruit	Hot ham and cheese with baked beans, cole slaw and fruit
10/28	10/29	10/30	10/31	
Chicken nuggets with mashed potatoes, corn, whole grain dinner roll, and fruit	Spaghetti with sauce, green beans, salad, fruit and whole grain garlic toast, and fruit	BBQ chicken on a Whole grain bun with potato wedges, soy beans, and fruit	Hot dog on a whole grain bun with smile potatoes, fresh vegetables, fruit and a treat	

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