



SEPTEMBER 2021

Elementary School Lunch Menu



A La Carte Beverage \$0.75

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch is **FREE** to all students!

All lunch meals include:

- Whole grains
- Lean Proteins
- Fresh Fruits and Vegetables
- Choice of Lowfat Plain or Nonfat Chocolate Milk

2+2



7
 Teriyaki Beef Dippers & Rice
 Homestyle Drumstick
 Yogurt & Cheez-Its*

8
 Corn Dog
 Breaded Chicken Sandwich
 Yogurt, Sunflower Seeds, &
 Wheat Crackers*

9
 Brunch 4 Lunch:
 French Toast & Sausage
 Teriyaki Chicken & Rice
 Yogurt & Cheez-Its*

10
 Pizza Slice
(cheese or pepperoni)*
 Macaroni & Cheese &
 Garlic Toast*
 Yogurt, Sunflower Seeds, &
 Wheat Crackers*

13
 Cheesy Breadsticks with
 Marinara Sauce*
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, &
 Wheat Crackers*

14
 Haytsack ^{GF}
*(corn chips, taco meat,
 refried beans, and cheese)*
 Turkey & Cheese Deli
 Sandwich
 Yogurt & Cheez-Its*

15
 Chicken Nuggets &
 Garlic Toast
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, &
 Wheat Crackers*

16
 Orange Chicken & Rice
 Macaroni & Cheese*
 Yogurt & Cheez-Its*

17
 Pizza Slice
(cheese or pepperoni)*
 Mini Corn Dogs
 Yogurt, Sunflower Seeds, &
 Wheat Crackers*

20
 Homestyle Chicken Bowl
 with Dinner Roll
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, &
 Wheat Crackers*

21
 Cheesy Bean Nachos* ^{GF}
 Chicken Nuggets
 Yogurt, Sunflower Seeds, &
 Wheat Crackers*

22
 Cheeseburger
 Bean & Cheese Burrito*
 Yogurt, Sunflower Seeds, &
 Wheat Crackers*

23
 Chicken 'n Waffles
 Beef Hot Dog
 Yogurt & Cheez-Its*

24
 Pizza Slice
(cheese or pepperoni)*
 BBQ Pork Rib Sandwich
 Yogurt, Sunflower Seeds, &
 Wheat Crackers*

**PROFESSIONAL
 GROWTH DAY**

NON-STUDENT DAY

28
 Teriyaki Beef Dipper
 & Rice
 Homestyle Drumstick
 Yogurt & Cheez-Its*

29
 Corn Dog
 Breaded Chicken Sandwich
 Yogurt, Sunflower Seeds, &
 Wheat Crackers*

30
 Brunch 4 Lunch:
 French Toast & Sausage
 Teriyaki Chicken & Rice
 Yogurt & Cheez-Its*

**September
 Birthday
 Treat!**