

September 2019

Elementary School Menu

LUNCH



Special Dates:
September 2: Labor Day—No School
September 9: I Love Food Day



Nutrition Tip: With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

Labor Day

2

No School

Tuesday

Teriyaki Dunkers / Steamed Rice / Egg Roll

3

Yogurt / Sunflower Seeds / Goldfish Crackers

Wednesday

Chicken Nuggets

4

**Sliced Turkey Sandwich
Potato Triangle**

Thursday

Nacho Supreme w/ Tortilla Chip/Cheese Dip

5

Bean & Cheese Burrito

Friday

Cheese Enchilada w/ Sauce

6

Corn Dog

Chicken Tenders w/ Roll

9

Galaxy Pizza

Chicken Alfredo w/ Breadsticks

10

**Yogurt / String Cheese
Scooby Crackers**

Chicken Nuggets

11

Sliced Turkey Sandwich

Hamburger on Bun

12

Corn Dog

Baked Beans

Beef Rib Patty on Bun w/ Doritos

13

PB&J Pockets / String Cheese

Bean and Cheese Burrito / Special Sauce

16

Soft Taco Stick

Seasoned Corn

Chicken Pattie Regular

17

Spicy on a Bun

Tater Tots

Chicken Nuggets

18

Yogurt / Sunflower Seeds

Scooby Grahams

Chicken Caesar Salad / Croutons

19

PB&J Pocket

WG Brownie

French Toast Sticks

20

The Max Pancakes

Sausage Pattie

Bread Sticks / Marinara Sauce Cup

23

Grilled Cheese

Hot Dog on a Bun

24

Cheese Quesadilla

Baked Beans

Chicken Nuggets

25

Ham and Cheese on Sub Bun

Potato Triangle

Mandarin Orange Chicken / Rice / Egg Roll

26

PB&J Sandwich

Cheese Pizza

27

Pepperoni Pizza

Chicken Caesar Salad w/ Croutons

30

Grilled Cheese Sandwich



USDA Requirements: Lunch should include 1/2 cup serving of fruit and/ or vegetable.

Menu is subject to change.

THE USDA AND CDE ARE EQUAL OPPORTUNITY EMPLOYERS AND PROVIDERS