

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

Yogu y semillas de girasol

Galletas de Goldfish

Wednesday

Trocitos de pollo

4

Sándwich de pavo

Potato Triangle

Thursday

Nacho con Tortilla

5

Chip/queso

Burito de frijol y queso

Friday

Enchilada de queso con salsa

6

Corn Dog

Tiras de pollo w/ Roll

9

Galaxy Pizza

Chicken Alfredo w/ Breadsticks

10

Yogurt / String Cheese

Scooby Crackers

Trocitos de pollo

11

Sliced Turkey Sandwich

Hamburguesa

12

Corn Dog

Baked Beans

Beef Rib Patty on Bun w/ Doritos

13

El Sandwich de Mantequilla de mani y ialea w/ String Cheese

Burito de frijol y queso/ salsa

16

Taco

Maiz condimentado

Hamburguesa de pollo regular o picona en pan la croqueta de puré de papa

17

Trocitos de pollo

18

Yogurt / Sunflower Seeds

Scooby Grahams

Ensalada Cesar con pollo/ croutons
El Sandwich de Mantequilla de mani y ialea/ Brownie

19

De sayuno para el almue.
Trozos de pan tostado al estilo francés
Salchicha

20

El Colín/ la salsa marinara
El Sándwich tostado de queso

El perro caliente
Quesadilla
Los Frijoles al horno

24

Trocitos de pollo

25

Sandwich de jamon y queso

Potato Triangle

Pollo a la naranja conarroz/ Egg Roll
El Sandwich de Mantequilla de mani y ialea

26

Pizza de Pepperoni o Queso

27

30

Ensalada Cesar con pollo/ croutons
El Sandwich de queso



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

Menu is subject to change.

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