



Elementary Lunch Menu September 2012

Parents are encouraged to prepay online for students meals. The link is provided on our website.

Monday

Tuesday

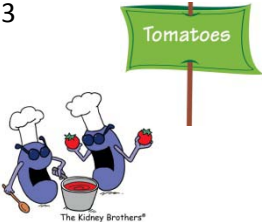

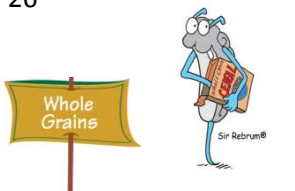
Wednesday

Thursday

Friday

Grains • Meats • Fruits • Vegetables • Milk

For lunch, students may select three, four, or all five of the above food groups to complete their meal. *At least one of these choices **must** be from the fruit or vegetable group.*

<p>3</p>  <p>Tomatoes</p> <p>The Kidney Brothers®</p>	<p>4</p> <p>Beef Nachos w/Tortilla Chips Corndog Muffin Platter Sliced Sweet Plantains</p>	<p>5</p> <p>Barbecued Chicken w/Cornbread Mini Cheese Pizza Bagels Muffin Platter Sweet Potato Bake</p>	<p>6</p> <p>Cuban Pork w/Brown Rice Popcorn Chicken w/Brown Rice Chef Garden Salad PB&J & Cheese Stick Black Beans</p>	<p>7</p> <p>"Fresh From the Farm" Soft Taco Cheeseburger Hamburger Muffin Platter Corn-on-the-Cob</p>
<p>10</p> <p>Chicken Nuggets w/Roll Macaroni & Cheese w/Roll Petit Parfait Combo Sweet Potato Bites</p>	<p>11</p> <p>Cheese Lasagna or Stuffed Shells Hot Dog PB&J & Cheese Stick California Blend Garden Salad</p>	<p>12</p> <p>Caribbean Chicken w/Brown Rice Vegetarian Chili w/ Corn Chips Muffin Platter Sliced Sweet Plantains</p>	<p>13</p> <p>Early Release Day Manager's Choice One Hot Entrée and One Cold Entrée <i>See the Explanation Box</i></p>	<p>14</p> <p>"Fresh From the Farm" Chicken Parmesan w/ Pasta Shells Fish Sticks w/ Roll Muffin Platter Carrot & Bean Medley</p>
<p>17</p>  <p>Health-e Living</p> <p>To find nutrition facts about school meals, visit Health-e Living! The link is provided on our website!</p>	<p>18</p> <p>Pizza Grilled Chicken Sandwich Muffin Platter Green Beans</p>	<p>19</p> <p>Chicken Tenders w/Brown Rice Beef Taco Wedges Muffin Platter Black Beans</p>	<p>20</p> <p>Turkey Roast w/Roll Gravy Corndog Mini Mandarin Chicken Salad PB&J Cheese Stick Mashed Potatoes</p>	<p>21</p> <p>"Fresh From the Farm" Grilled Fajita Fish w/ Brown Rice Cheeseburger/Hamburger Muffin Platter Corn-on-the-Cob</p>
<p>24</p> <p>Chicken Nuggets w/Roll Cheesy Burrito Petit Parfait Combo Potato Sticks</p>	<p>25</p> <p>Traditional or Fiesta Beefaroni w/ Roll Hot Dog PB&J & Cheese Stick Broccoli & Cauliflower Garden Salad</p>	<p>26</p>  <p>Whole Grains</p> <p>Sir Rebrum®</p>	<p>27</p> <p>Meatloaf w/Roll Gravy Grilled Chicken Sandwich PB&J Cheese Stick Mashed Potatoes</p>	<p>28</p> <p>"Fresh From the Farm" Teriyaki Chicken w/ Rice Fiesta Pizza Muffin Platter Green Beans</p>

For a complete meal, students may select one entrée (which may include a **GRAIN/BREAD & MEAT/MEAT ALTERNATE**, a **CHOICE OF MILK**), two different **FRUITS/VEGETABLES (STUDENTS ARE REQUIRED TO TAKE ONE FRUIT OR ONE VEGETABLE)**. Each day: **WHOLE GRAIN BREAD PRODUCTS, (2) FRESH FRUITS, (2) CUPPED FRUITS, (2) SALAD CUPS, 100% FRUIT JUICE** and a **CHOICE OF MILK** are offered.
Menu is subject to changes.

On **Early Release Days** School Food Service Managers will choose one hot entrée and one cold entrée to serve from the choices below:

<u>Hot Choices</u>	<u>Cold Choices</u>
Hot Ham & Cheese	PB & J & Cheese Stick
Chicken Patty Sandwich	Turkey & Cheese Sandwich
Mini Cheeseburger Sliders	Hoagie
Corndog	