



Lunch Menu

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 FOR A HEALTHIER YOU, CHOOSE AN ITEM FROM THE FRUIT AND VEGETABLE TABLE	2 NO SCHOOL LABOR DAY	3 Pancakes Turkey Patty on White Bun Tator Tots Seasoned Peas Cherries	4 Eggs Chicken & Noodle Dinner Roll Broccoli Peaches	5 Sausage Taco on soft shell Lettuce/Salsa/Cheese Refried Beans Carrot Sticks Bread Stick Watermelon	6 Cereal Pizza Cruncher Romaine Lettuce w/Ranch Fresh Fruits Fresh Veggies Sweet Treat	7 BREAKFAST Main entrée is highlighted in yellow. May also include toast, yogurt cheese stick, Fruit, or Juice
8 Fresh Fruits Banana, Oranges Red or Green Apples Pears Seasonal Fruit	9 Pancake Stix Chicken Breast On Bun Lettuce/Tomato Sweet Potato Fries Green Beans Peaches	10 Oatmeal Bar Hot Ham & Cheese Smiley Fries Carrots Celery Sticks Cantaloupe	11 Yogurt Parfait Shredded Beef Over Mashed Potatoes Broccoli Bread Slice Pears	12 Hash Browns Nachos Lettuce/Salsa Black Beans Garlic Bread Strawberries	13 Cereal Pulled Pork On Bun Sun Chips Fresh Veggies Fresh Fruits Sweet Treat	14 Both Meals include: 1% or Skim Milk Chocolate Milk (lunch only)
15 Vegetables Carrots, Celery, Broccoli Cauliflower, Cucumbers, Red Peppers, Romaine Lettuce Salad	16 Sausage Chicken Nuggets Mash Potatoes Gravy Carrots Sticks Applesauce Dinner Roll	17 Omelet/Toast Spaghetti Garlic Bread Seasoned Peas Peaches	18 French Toast Beef/Bean Burrito Season Rice Broccoli Mangos	19 Muffin/Yogurt Taco Tator Bowl Black Beans Cauliflower / Broccoli w/ranch dressing Watermelon Corn Bread	20 Cereal Pizza Carrots/Celery Romaine Lettuce w/ranch dressing Apple Slices Sweet Treat	21 At least 50% of grains are Whole Grain
22	23 Pancakes Corndog Sweet Potato Tots Baked Beans Pears	24 Muffin/Yogurt Omelet Sausage Patty Hash Brown Patty Carrot Sticks Strawberries	25 Omelet BBQ Meatballs Buttered Noodles Carrots Bread Stick Mandarin Oranges	26 Sausage Taco Burger On Bun Seasoned Rice Green Beans Grapes	27 Cereal Fish Sticks French Fries Breads Fresh Fruits Fresh Veggies Friday Treat	28
29	30 Muffin/Yogurt Breaded Pork on Bun Tator Tots Cooked Carrots Pears					