

October

2021



# SCHOOL DISTRICT ELEMENTARY LUNCH MENU

### What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

**Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch**

- Meat or meat alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread

Choice of Milk - 1% white, and fat-free chocolate

### Weekly Vegetable Subgroups May Include:

**Dark green** - spinach, broccoli, romaine and spring salad

**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers

**Beans/Peas**

**Starchy** - white potatoes, corn, and lima beans

**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

### Featured Fruit May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME!  
DAILY ALTERNATES.**

**Fresh Deli Sandwich of the week**



**Craveable**

**PB & J Uncrustable**

**Goldfish Cracker**

**Mozzarella Cheese Stick**

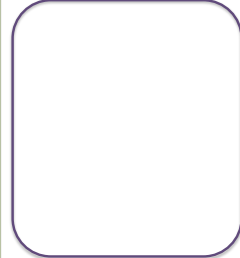
Lunch Prices  
Student \$0.00  
Reduced \$0.00  
Adult \$3.94

**General Manager**  
Tracy Drank  
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## Monday



**4**

BBQ Rib Patty  
on a Bun  
or  
Ham & Cheese Hoagie

**Featured Veggies:**  
Steamed Carrots  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**11**

**NO SCHOOL!**

**18**

Chicken Patty  
on a Bun  
or  
Italian Hoagie

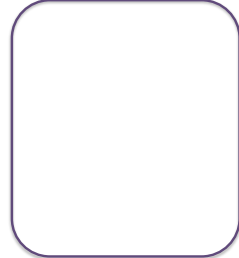
**Featured Veggies:**  
Glazed Carrots  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**25**

Chicken Tenders  
w Dinner Roll  
or  
Turkey & Cheese  
Hoagie

**Featured Veggies:**  
Steamed Peas  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

## Tuesday



**5**

Chicken Tenders  
with Dinner Roll  
or  
Ham & Cheese Hoagie

**Featured Veggies:**  
Steamed Corn  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**12**

Chicken Nuggets  
Dinner Roll  
or  
Peanut Butter & Jelly  
Uncrustable

**Featured Veggies:**  
Steamed Corn  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**19**

Cheese Ravioli  
Dinner Roll  
or  
Italian Hoagie

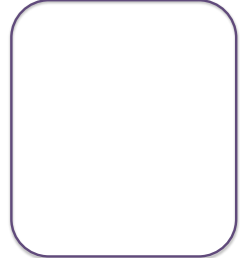
**Featured Veggies:**  
Steamed Corn  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**26**

Corn Dog  
Nuggets  
or  
Turkey & Cheese  
Hoagie

**Featured Veggies:**  
Steamed Corn  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

## Wednesday



**6**

Cheeseburger  
on a Bun  
or  
Ham & Cheese Hoagie

**Featured Veggies:**  
Mixed Vegetables  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**13**

Turkey Hot Dog  
on a Bun  
or  
Peanut Butter & Jelly  
Uncrustable

**Featured Veggies:**  
Steamed Carrots  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**20**

Popcorn Chicken  
Dinner Roll  
or  
Italian Hoagie

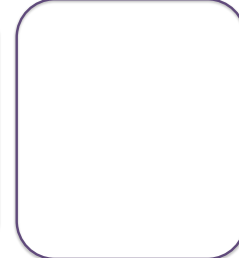
**Featured Veggies:**  
Steamed Green Beans  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**27**

Cheeseburger  
on a Bun  
or  
Turkey & Cheese  
Hoagie

**Featured Veggies:**  
Mixed Vegetables  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

## Thursday



**7**

Cheese Pizza  
or  
Ham & Cheese Hoagie

**Featured Veggies:**  
Steamed Green Beans  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**14**

Macaroni & Cheese  
Dinner Roll  
or  
Peanut Butter & Jelly  
Uncrustable

**Featured Veggies:**  
Green Beans  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**21**

Pierogies  
w/Dinner Roll  
or  
Italian Hoagie

**Featured Veggies:**  
Steamed Broccoli  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**28**

Chicken Sticks  
Dinner Roll  
or  
Turkey & Cheese  
Hoagie

**Featured Veggies:**  
Steamed Green Beans  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

## Pizza Friday!

**1**

Cheese Pizza  
or  
Turkey & Cheese Hoagie

**Featured Veggies:**  
Steamed Broccoli  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**8**

**NO SCHOOL!**

**15**

French Bread Pizza  
or  
Peanut Butter & Jelly  
Uncrustable

**Featured Veggies:**  
Steamed Peas  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**22**

Cheese Pizza  
or  
Italian Hoagie

**Featured Veggies:**  
Mixed Vegetables  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk

**29**

Cheese Pizza  
or  
Turkey & Cheese  
Hoagie

**Featured Veggies:**  
Steamed Broccoli  
Fresh Vegetable  
Choice of Fruit  
Choice of Milk