

**Elementary Lunch Menu - September 2016 - January 2017**

		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Sept. 12 Oct. 24 Dec. 5	Week 1	Chicken Sandwich Oven Baked Fries Baby Carrots/dip Lettuce/Tomato Juice, Fresh Fruit	Hot Dog on a bun Baked Beans Sweet Corn Salad Juice, Fresh Fruit	Dutch Waffles and Sausage Sweet Potato Fries Red and Green Pepper Strips/Dip Salad Juice, Fresh Fruit	Chicken Tenders/Roll Tomato Soup Oven Baked Fries Caesar Salad Juice, Fresh Fruit	Pasta w/ Meat Sauce Salad Veggie Boat Lettuce/Tomato Juice, Fresh Fruit
Sept. 19 October 31 December 12	Week 2	BBQ Rib Sandwich Steamed Carrots Oven Baked French Fries Salad Juice, Fresh Fruit	Beef Nachos Pinto Beans and Salsa Veggie Boat Lettuce/Tomato Juice, Fresh Fruit	Macaroni and Cheese Steamed Broccoli Green Salad Beet Salad Juice, Fresh Fruit	Grilled. Chick. Parm Sand. Oriental Vegetables Baby Carrots/Dip Caesar Salad Juice, Fresh Fruit	Cheesy Bread Sticks w/ Sauce Whipped Potatoes Veggie Boat Spinach and Tomato Salad Juice, Fresh Fruit
Sept. 26 Nov. 7 Dec. 19	Week 3	Ham and Cheese Melt on a Croissant Green Beans Italian Bean and Tomato Salad Green Salad Juice, Fresh Fruit	Two Hard or soft Beef Tacos Refried Beans and salsa Veggie Boat Lettuce/Tomato Juice, Fresh Fruit	Mini Corn Dogs Oven Baked French Fries Baby Carrots/Dip Caesar Salad Juice, Fresh Fruit	BBQ Cheeseburger on a Bun Steamed Brussel Sprouts Broccoli and Dip Lettuce/Tomato Juice, Fresh Fruit	Toasted Cheese Sandwich Tomato Soup Oven Baked French Fries Green Salad Juice, Fresh Fruit
Oct. 3 Nov. 14 Jan 2	Week 4	Popcorn Chicken Oven Baked French Fries Broccoli Florets w/ dip Caesar Salad Juice, Fresh Fruit	Meatball Grinder Black Beans and Salsa Steamed Broccoli Caesar Salad Juice, Fresh Fruit	Mozzarella Sticks w/ sauce Mashed Potatoes w/ gravy Kale Salad Veggie Boat Juice, Fresh Fruit	Chicken Sandwich Steamed Cauliflower Baked Beans Lettuce/Tomato Juice, Fresh Fruit	Asian Noodle Bowl Day: Noodles in broth, sliced chicken, veggies and fortune cookie Steamed edamame Veggie Boat Juice, Fresh Fruit
Oct. 10 Nov. 21 Jan. 9	Week 5	Chicken Tenders w/ pretzel stick Oven Baked French Fries Broccoli w/ dip Caesar Salad Juice, Fresh Fruit	Italian Hoagie / Sun Chips Pinto Beans and salsa Kale and grape tomato salad Lettuce/Tomato Juice, Fresh Fruit	BBQ Rib Sandwich Mashed Potatoes Steamed carrots Green Salad Juice, Fresh Fruit	Macaroni and Cheese / Roll Steamed Brussel Sprouts Celery Sticks/ Dip Baby Carrots Juice, Fresh Fruit	Turkey and Cheese on a pretzel bun Tomato Soup Veggie Boat Green Salad Juice, Fresh Fruit
Oct. 17 Nov. 28 Jan. 6	Week 6	Chic. Parm. Sandwich Green Beans Carrot Sticks w/ dip Green Salad Juice, Fresh Fruit	Beef Tacos Refried Beans and salsa Veggie Boat Lettuce/Tomato Juice, Fresh Fruit	3 Cheese Calzone/ Sauce Oven Baked French Fries Caesar Salad Beet Salad Juice, Fresh Fruit	Oriental Popcorn Chicken w/ Rice Oriental Vegetables Broccoli Florets w/ dip Lettuce/ Tomato Juice, Fresh Fruit	French Toast Sticks & Sausage Oven Baked French Fries Cucumber Slices/ Dip Green Salad Juice, Fresh Fruit
	Weekly Specials	Sandwich - Ham and Cheese Wrap Soup - Chicken Noodle Grab and Go Cheese Pizza	Sandwich - Chicken salad on whole wheat Soup - Chicken Rice Grab and Go Cheese Pizza	Sandwich - Turkey Hoagie Soup - Minestrone Grab and Go Cheese Pizza	Sandwich - Ham and Cheese on whole wheat Soup - Chicken Noodle Grab and Go Cheese Pizza	Sandwich - Tuna on whole wheat Soup - Tomato Grab and Go Pepperoni Pizza

**Meal Prices**  
Paid Lunch - \$2.60  
Reduced Lunch - \$0.40

Milk is available with all meals: 1% White, Skim, Low-fat Chocolate & Low-fat Strawberry.