

August 2016

Ell-Saline Middle/High school and Elementary

LUNCH



Welcome to The Lunch Room!



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

1

Welcome Back
To
School !!

2

3

4

USDA Is an equal Opportunity
Provider

5

8

9

10

11

12

15

16

17

18

19

22

23

Chicken Nuggets
Seasoned Rice
Cherry Tomatoes
Celery Sticks
Tropical Fruit, Milk

24

Cheese Bread sticks
Marinara Sauce
Corn
Tossed Salad
Apple Quarters, Milk

25

Crispito
Green Beans
Tortilla Chips, Salsa
Fresh Grapes
Milk

26

Cheese Pizza
Broccoli florets
Baby Carrots
Banana
Milk

29

Mini Meat Ball Sub
Tater Triangle
Tossed Salad
Diced Peaches
Milk

30

Grilled Chicken Patty
Baked Beans
Coleslaw
Apple Quarters
Wheat Roll & Jelly
Milk

31

