

September 2018

Enjoy your Lunch!

LUNCH



**Check out School Lunch-
Fuel Your Brain for Learning!**



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

Labor Day
No School Today

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Tuesday

Corn Dog
Garden Spinach Salad
Sweet Peas
Apple Quarters
Milk Choice

4

Wednesday

Taco Soup
WG Tortilla Chips
Fresh Broccoli Florets
Tropical Fruit
Cookie, Milk

5

Thursday

Cheese Pizza
Salad w/Romaine
Pineapple Tidbits
Milk

6

Friday

Chicken Fajita
Bell Pepper Strips
Lettuce & Diced Tomatoes
Refried Beans
Orange Wedges, Milk

7

Hamburger on a Bun
Leaf Lettuce, Tomato Slice
Green Beans
Diced Peaches
Milk

10

Grill Chicken Wrap
Seasoned Rice
Garden Salad
Watermelon
Milk

11

Taco Salad
Bell Pepper Strips
Refried Beans
Banana,
Cinnamon Puff, Milk

12

Pig in a Blanket
Tater Tots
Broccoli & Cheese
Apple, Milk

13

Chicken & Noodles
Mashed Potatoes
Fresh Baby Carrots
Dinner Roll
Grapes, Milk

14

Cheese Bread Sticks
Marinara Sauce
Seasoned Corn
Tossed Salad, Apple, Milk

17

Pulled Pork Sandwich
Sweet Potato Tots
Coleslaw
Banana
Milk

18

Chicken Nuggets
Oven Fries
Cherry Tomatoes
Celery Sticks
Fruit Cocktail, Milk

19

Ell-Saline Pizza
Steamed Carrots
Broccoli Florets
Pineapple Tidbits
Milk

20

Chicken Chili Crispito
Refried Beans
Tomato Salsa
Warm Apple Crisp
Milk

21

No School Today
Teachers-In-Service

24

Biscuit & Gravy
Sausage Patty
Broccoli Florets
Hash brown Patty
Fresh Orange, Milk

25

Pork Rib on a Bun
Leaf Lettuce & Tomato
Tri Tater
Baked Beans
Strawberry & Banana , Milk

26

Lasagna
Garden Spinach Salad
Diced Peaches
Garlic Bread
Milk, Brownie

27

Breaded Chicken Patty
Mashed Potatoes & Gravy
Green Beans
Tropical Fruit
WG Roll, Milk

28

