



### School Information:

Lunch Prices- K-6 \$2.65  
MS/HS \$2.80, Adults \$3.50  
Extra Milk .35 Reduced Price .40



**Nutrition Tip:** Cut-up fruit makes a great snack. Either cut them yourself, or buy pre-cut packages of fruit pieces like pineapple or melons. Or, try whole fresh berries or grapes.

Reference: USDA. MyPlate.gov

### Monday

The Garden Bar is available in the lunch room each day with Assorted Seasonal Vegetables and Fruits,

Baby Carrots, Celer Sticks, Tossed Salad, Bell Peppers, Broccoli florets, Oranges, Apples.

And More! Lots of Yummy Healthy Choices.

Bean & Beef Burrito Tomato Salsa Romaine & Tomato, Corn Banana, Milk Choice (9-12) WG Tortilla Chips

Cheese Bread Sticks Marinara Sauce, Corn Tossed Salad, Oranges Milk Choice

### Tuesday

Stromboli Squares Garden Salad, Baby Carrots Diced Peaches, Milk (9-12) Bread Stick

Sept 1- Super Nacho Lentil Beans Grapes Milk Choice



### Wednesday

EII- Saline students Make many choices

Welcome Back to School!

Cheese Pizza Tossed Salad w/Romaine Cherry Tomatoes Pineapple Tidbits Milk Choice

BBQ Pork on a bun Broccoli florets Baked Beans Watermelon, Milk (6-12) Brownie

### Thursday

as they walk down the Food and Garden bar. When they reach the end, Three (3)

Chicken Patty Potatoes & Gravy Steamed Broccoli Apple ,WG Roll & Honey Milk Choice

Country Beef Patty Potatoes & Gravy Green Beans Pineapple Tidbits, Milk (6-12) WG Roll & Jelly)

### Friday

different Food Group Servings must be on their tray.

Find more information about Breakfast and Lunch requirements on the back of this menu or on the school web-site.

Ham & Cheese on Bun Tri Tater Lettuce & Tomato Slices Orange Slices Milk Choice

Turkey & Cheese Sub Leaf Lettuce & Tomato Sweet Potato Waffle Apples, Milk Choice

