

September 2016

Let's Do Lunch at Ell-Saline!!!

LUNCH



Study Shows Children Benefit from Flavored Milk
The Study of Approximately 7,500 children and teens found that both flavored and plain milk drinkers: Get More nutrients including Vitamin A, Calcium, Potassium and Magnesium than non-milk Drinkers.



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



Biscuit & Gravy
Sugar Snap Peas
Hash Brown Patty
Orange Halves
Milk (6-12 Sausage Patty)

White Chicken Chili
Cherry Tomatoes
Cucumber Slices
Tropical Fruit
Corn Bread, Milk

No School Today

Labor Day

Pork Rib on a Bun
Dark Green Leaf Lettuce
Tomato Slice
Sweet Potato Puffs
Banana, Milk

Taco Soup
Tortilla Chips &
Tomato Salsa
Broccoli Florets
Apple Half, Milk Choice

Corn Dog
Baked Beans
Tater Triangle
Fruit Cocktail
Snickerdoodle, Milk

Chicken Fajita, Salsa
Red & Green Bell Peppers
Refried Beans
Fresh Cantaloupe
Milk Choice

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

Stromboli Squares
Garden Salad
Fresh Baby Carrots
Diced Peaches, Milk
(9-12)Teddy Graham

Pulled Pork On a Bun
Celery & Cucumber Slices
Baked Beans
Fruit Salad, Milk Choice
(6-12 Brownie)

Country Beef Patty
Potatoes & Gravy
Steamed Broccoli
Orange Halves, Milk
(6-12 Roll & Jelly)

Turkey & Cheese Sub
Dark Green Leaf Lettuce
Tomato Slice
Sweet Potato Waffle Fries
Apple Halves, Milk

Hot Dog on a Bun
Oven Fries
Broccoli w/Cheese
Apple Halves, Milk

Spaghetti w/ Meat Sauce
Garlic Bread
Garden Salad, Green Beans
Orange Slices, Milk

Chicken Wrap
Seasoned Rice, Tropical fruit
Lettuce & Tomato, Zucchini
Milk (9-12 Oatmeal Cookie)

Taco Salad w/ Tortilla chips
Salsa, Refried Beans
Fresh Watermelon
Milk (6-12 Cinnamon Puff)

Chicken & Noodles
Mashed Potatoes
Baby Carrots, Grapes
(6-12Biscuit & Honey) Milk

Chicken Pattie
Potatoes & Gravy
Wheat Roll & Jelly
Tossed Salad, Banana, Milk

Mac & Cheese
Sweet Peas, Baby Carrots
Apple Salad, Milk
(6-12 Wheat bread & Jelly)

Chili
Red Pepper Strips
Diced Peaches
Cinnamon Roll, Milk
(9-12 Tortilla Chips)

No School Today
Teacher Conferences

No School Today