

September 2015 Elementary, Middle and High School

LUNCH



Menu Abbreviation-

F.T.S. = Farm to School. F.T.S. Menu items are grown in our School Garden or purchased from a Garden in our Ell-Saline Community..



Nutrition Tip: The 2010 Dietary Guidelines for Americans recommend that at least half of your grains are whole. For most people, that translates into at least 48 grams daily.

Monday

You WHOOD ...



This Month we will be Tasting FTS Spaghetti Squash!

Tuesday

Wednesday

Thursday

Friday

No School

7

LABOR DAY

Super Nacho's-
Refried Beans/ Beef
Topping/ Lettuce/Tomato/
Cheese/Salsa/WG Chips
Banana, Milk

1

Hamburger
Leaf Lettuce & Tomato
Pepper Strips
Oven Baked Fries
Apple, Milk

8

Grilled Chicken Wrap
Lettuce & FTS Tomato
FTS Sautéed Zucchini
FTS Watermelon Chunks
Milk

2

Chicken Tetrazzini
Sweet Peas
Tossed Salad
Garlic Bread
FTS Watermelon, Milk

9

Rib Pattie on a Bun
Creamy Cole Slaw
Baked Beans
FTS Cucumber Slices
Pineapple Tidbits, Milk

3

Soft Taco
Lettuce, Tomato, Cheese
Refried Beans, Salsa
Tortilla Chips
Fruit Cocktail, Milk

10

Chicken Nuggets
Seasoned Brown Rice
Broccoli Florets
FTS Garden Tomatoes
Apple, Milk

4

Chicken Patty
Potatoes & Gravy
Steamed Carrots
Diced Pears
W Wheat Roll & Jelly

11

Biscuits & Gravy
Hash Brown Patty
Celery & Carrots
Banana, Milk
(6-12)Sausage Patty

14

White Chicken Chili
Corn bread
Cherry Tomatoes
Cucumber Slices
Apple Sauce, Milk

15

Pepperoni Pizza
Broccoli Florets
Fresh Baby Carrots
FTS Watermelon
Milk

16

Chicken Drumstick
Baked beans
Creamy Coleslaw
Orange Slices
Wheat Roll & Jelly, Milk

17

Mini Meatball Sub
Ranch Potato Wedges
Tossed Salad
Diced Peaches
Milk

18

Corn Dog
Tri Tater
Green Beans
Fruit Cocktail
Milk

21

Grilled Chicken/Bun
Lettuce & Tomato
Baby Carrots, Sun Chips
Berries & Bananas, Milk

22

Taco Soup
Tortilla Chips, Salsa
Broccoli florets
Apple
WG Cookie, Milk

23

No School
P/T Conferences

24

No School
Milk Choice-1%White
Skim White
Skim Chocolate
Skim Strawberry/Wed.

25

No School
Teacher In-Service

28

Chicken Nuggets
Potatoes & Gravy
Tossed Salad, Roll/Jelly
Diced Pears, Milk

29

Hamburger
Leaf Lettuce & Tomato
Oven Fries
Apple, Milk

30

