



K-12 Elementary (K-5) Lunch Menu

August/September 2015

The cost of a paid student meal is \$2.10 for elementary students. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| Aug 24 | Aug 25 | Aug 26 | Aug 27 | Aug 28 |
| Homemade Cheese Pizza on Whole Grain Crust OR Chicken Taco Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing Fresh Local Apple | Spicy Asian Chicken w/ Brown Rice OR Veggie Lo Mein Sweet Green Peas Fresh Broccoli w/ Light Dressing Pineapple Cup | Whole Grain Rotini w/Turkey Meat Sauce OR Whole Grain Rotini w/Marinara Sauce & Mozzarella Cheese Green Beans Italiano Fresh Celery Sticks w/Light Dressing Fresh Orange | Cheeseburger on Whole Grain Bun OR Toasted Two Cheese Sandwich on Whole Grain Bread Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana | Korean Bibimbap Chicken w/Ginger Lime Brown Rice OR Veggie Fried Rice Seasoned Carrots Fresh Broccoli w/ Light Dressing 100 % Grape Juice |
| Aug 31 | Sept 1 | Sept 2 | Sept 3 | Sept 4 |
| Hot Turkey Meatball Sub w/ Marinara & Mozzarella on Whole Grain Bun OR Cheese & Yogurt Plate Local Fresh Baked Sweet Potato w/Cinnamon Homemade Confetti Coleslaw Fresh Local Apple | Open Face Turkey Sandwich on Whole Grain Bread w/Gravy OR Toasted Two Cheese Sandwich on Whole Grain Bread Mashed Potatoes w/ Gravy Fresh Cucumber Coins Pineapple Cup | Homemade Cheese Pizza on Whole Grain Crust OR Haitian Style Fish w/ Creole Rice and Beans Glazed Carrots Fresh Local Tuscan Kale Salad Fresh Orange | Santa Fe Burger on Whole Grain Bun OR Whole Grain Mac-N-Cheese Garlic Lemon Broccoli Fresh Cucumber & Tomato Salad Fresh Banana | Buffalo Chicken Wrap OR Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Roll Fiesta Black Beans Fresh Baby Carrots w/ Light Dressing 100 % Grape Juice |
| Sept 7 | Sept 8 | Sept 9 | Sept 10 | Sept 11 |
| Labor Day No School | Ukrainian Chicken w/ Whole Grain Garlic Bun OR Whole Grain Mac-N-Cheese Fresh Roma Roasted Local Red Potatoes Fresh Baby Carrots w/ Light Dressing Pineapple Cup | Barbecue Turkey on Whole Grain Bun OR Vegetarian Cesar Salad w/Whole Grain Croutons Southwest Pinto Beans Fresh Celery w/ Light Dressing Fresh Orange | Pizza Burger on Whole Grain Bun OR Italian Bagel Sweet Potato Wedges Fresh Broccoli w/ Light Dressing Fresh Banana | Chicken Nuggets w/ Mumbo Sauce & Whole Grain Dinner Roll OR Veggie Chili w/ Whole Grain Dinner Roll Roasted Broccoli Fresh Baby Carrots w/ Light Dressing 100 % Grape Juice |
| Sept 14 | Sept 15 | Sept 16 | Sept 17 | Sept 18 |
| Panes Rellenos (Salvadoran Chicken Torta) OR Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips Roasted Broccoli Fresh Baby Carrots w/ Light Dressing Fresh Local Apple | Whole Grain Spaghetti w/ Beef Meatballs OR Whole Grain Spaghetti w/Marinara Sauce & Mozzarella Cheese Green Beans Italiano Fresh Celery Sticks w/ Light Dressing Pineapple Cup | Homemade Cheese Pizza on Whole Grain Crust OR Chicken Salad Sandwich on Whole Grain Bun Seasoned Carrots Fresh Romaine and Tomato Side Salad Fresh Orange | Turkey Hot Dog on Whole Grain Bun OR Toasted Two Cheese Sandwich on Whole Grain Bread Baked Beans Vegetarian Bean Dip w/ Homemade Tortilla Chips Fresh Banana | Pescada a la Mexicana (Mexican Style Baked Fish) w/Spanish Brown Rice* OR Bean & Cheese Burrito Mexican Corn Fresh Baby Carrots w/ Light Dressing 100 % Grape Juice |
| Sept 21 | Sept 22 | Sept 23 | Sept 24 | Sept 25 |
| Spicy Asian Chicken w/ Brown Rice OR Veggie Lo Mein Sweet Green Peas Fresh Broccoli w/ Light Dressing Fresh Local Apple | Homemade Cheese Pizza on Whole Grain Crust OR Chicken Taco Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing Pineapple Cup | Whole Grain Rotini w/Turkey Meat Sauce OR Whole Grain Rotini w/Marinara Sauce & Mozzarella Cheese Garlic Lemon Broccoli Fresh Celery Sticks w/Light Dressing Fresh Orange | Cheeseburger on Whole Grain Bun OR Toasted Two Cheese Sandwich on Whole Grain Bread Southwest Pinto Beans Baby Carrots w/ Light Dressing Fresh Banana | Korean Bibimbap Chicken w/Ginger Lime Brown Rice OR Veggie Fried Rice Seasoned Carrots Fresh Cucumber Coins 100 % Grape Juice |
| Sept 28 | Sept 29 | Sept 30 | Oct 1 | Oct 2 |
| Hot Turkey Meatball Sub w/ Marinara & Mozzarella on Whole Grain Bun OR Cheese & Yogurt Plate Local Fresh Baked Sweet Potato w/Cinnamon Fresh Broccoli w/ Light Dressing Fresh Local Apple | Open Face Turkey Sandwich on Whole Grain Bread w/Gravy OR Toasted Two Cheese Sandwich on Whole Grain Bread Mashed Potatoes w/ Gravy Fresh Baby Carrots w/ Light Dressing Pineapple Cup | Homemade Cheese Pizza on Whole Grain Crust OR Ukrainian Style Fish w/ Whole Grain Roll Green Beans Italiano Fresh Local Tuscan Kale Salad Fresh Orange | Santa Fe Burger on Whole Grain Bun OR Whole Grain Mac-N-Cheese Garlic Lemon Broccoli Fresh Cucumber & Tomato Salad Fresh Banana | Buffalo Chicken Wrap OR Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Roll Fiesta Black Beans Fresh Baby Carrots w/ Light Dressing 100 % Grape Juice |