

September 2023 Elementary Lunch Menu



Fun Fact!

Snap Beans

- Snap beans can be green, yellow, purple, speckled, and more
- Green beans have a high level of vitamin K.
- After tomatoes and peppers, green beans are the third most common home-garden vegetable

Daily Lunch Choices

Choose 1:

- Meat / Meatless Entrée,
- Entrée Salads,
- Cold Sandwiches

Must Choose at least 1:

- Hot & Cold Vegetables
- Variety of Fruits & Juices (may choose up to 2 servings each of fruits & veggies with their meal)

May Choose 1 Milk:

- Low Fat White,
- Fat Free Chocolate,
- Fat Free Strawberry or
- Fat Free Skim

Monday	Tuesday	Wednesday	Thursday	Friday
		PAY FOR SCHOOL MEALS ONLINE 	Menus are subject to change! We do our best to provide our customers with all of our planned options, however occasionally weather, crops, and supplies have other ideas!	1 Choose One: Pizza Variety Fish & Chips Fruit & Yogurt Plate PBJ Uncrustable or Sandwich Choose: Green Beans Carrot Dippers Side Salad
4 	5 Choose One: Grilled Cheese Meat Lovers Stromboli Chicken Caesar Salad Turkey Pinwheel Munchable Choose: Tomato Soup Marinara Sauce Cup Sliced Cucumber Side Salad	6 Choose One: Beefy Mac Casserole Popcorn Chicken Bowl Yogurt, Fruit & Granola Parfait Ham & Cheese Croissant Choose: Mashed Potato & Gravy Farmstand Veggie Dippers	7 ** Feature Entrée ** Choose One: Cheese Quesadilla **Beef Rib B Que on a Bun** Beef or Pork Taco Salad Chicken Caesar Wrap Choose: Green Bean • Salsa Cup Romaine Side Salad	8 Choose One: Pizza Variety Cheesy Shrimp Tacos w/ Tortillas Fruit & Yogurt Plate PBJ Uncrustable or Sandwich Choose: Broccoli Florets Carrot Dippers Side Salad
11 Choose One: Chicken n Waffles Cheese Pizza Crunchers Ham or Turkey Chef Salad Crispy Chicken Wrap Choose: Corn Niblets Farmstand Veggie Dippers	12 >> Nacho Rotation << Choose One: Cheesy Bread >>Taco Beef & Cheese<< Chicken BLT Salad Turkey Pinwheel Munchable Choose: Refried Fiesta Beans Marinara Sauce Cup•Salsa Cup Lettuce & Tomato Side Salad	13 Choose One: Teriyaki Beef Dippers Korean BBQ Drumstick (Both Entrées Served with Rice) Yogurt, Fruit & Granola Parfait Turkey & Cheese Croissant Choose: Broccoli Florets Sliced Cucumber Side Salad	14 Choose One: Chicken Parmesan w/ Pasta Hot Dog on a Bun (Chicken) Apple a Day Salad Plate Chicken Caesar Wrap Choose: Crinkle Crispy Fries Romaine Side Salad	15 Choose One: Pizza Variety Fish & Tots Basket Fruit & Yogurt Plate PBJ Uncrustable or Sandwich Choose: Green Beans Carrot Dippers Side Salad
18 Choose One: Dill Nuggets w/ Roll Pasta & Meat Sauce w/ Roll Yogurt, Fruit & Granola Parfait Turkey Club Sub Choose: Sweet Potato Fries Farmstand Veggie Dippers	19 Choose One: Taco Day w/ Tortillas Mini Cheese Calzones Chicken Caesar Salad Italian Pinwheel Munchable Choose: Marinara Sauce Cup Santa Fe Black Beans Sliced Cucumber Side Salad	20 Choose One: Teriyaki Chicken w/ Rice Macaroni & Cheese Apple a Day Salad Plate Turkey & Cheese Croissant Choose: Broccoli Florets Lettuce & Tomato Side Salad	21 Choose One: Breakfast for Lunch Chicken Patty on a Bun Harvest Farmers Salad Ham & Cheese Hoagie Choose: Deli Roasted Potato Romaine Side Salad	22 Choose One: Pizza Variety Fish & Chips Fruit & Yogurt Plate PBJ Uncrustable or Sandwich Choose: Green Beans Carrot Dippers Side Salad
25 	26 Choose One: Grilled Cheese Meat Lovers Stromboli Chicken Caesar Salad Turkey Pinwheel Munchable Choose: Tomato Soup Marinara Sauce Cup Sliced Cucumber Side Salad	27 Choose One: Beefy Mac Casserole Popcorn Chicken Bowl Yogurt, Fruit & Granola Parfait Ham & Cheese Croissant Choose: Mashed Potato & Gravy Farmstand Veggie Dippers	28 ** Feature Entrée ** Choose One: Cheese Quesadilla *Hamburgers & Cheeseburgers* Taco Salad - Beef or Pork Chicken Caesar Wrap Choose: Green Beans Salsa Cup Romaine Side Salad	29 Choose One: Pizza Variety Cheesy Shrimp Tacos w/ Tortillas Fruit & Yogurt Plate PBJ Uncrustable or Sandwich Choose: Broccoli Florets Carrot Dippers Side Salad

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