

# 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
			<div style="border: 1px dashed orange; padding: 5px;"> <p>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!</p> </div>	<p><b>1</b></p> <p><u>Choose One:</u>  <b>Pizza Variety</b>            Fish &amp; Chips            Fruit &amp; Yogurt Plate            PBJ Uncrustable or Sandwich  <u>Choose:</u>            Green Beans            Carrot Dippers Side Salad</p>
<p><b>4</b></p> 	<p><b>5</b></p> <p><u>Choose One:</u>  <b>Grilled Cheese or Grilled Ham n Cheese</b>  <b>Meat Lovers Stromboli</b>            Chicken Caesar Salad            Turkey Pinwheel Munchable  <u>Choose:</u> Tomato Soup            Marinara Sauce Cup            Sliced Cucumber Side Salad</p>	<p><b>6</b></p> <p><u>Choose One:</u>  <b>Beefy Mac Casserole</b>  <b>Popcorn Chicken Bowl</b>            Yogurt, Fruit &amp; Granola Parfait            Ham &amp; Cheese Croissant  <u>Choose:</u>            Mashed Potato &amp; Gravy            Farmstand Veggie Dippers</p>	<p><b>7</b> <b>** Feature Entrée **</b></p> <p><u>Choose One:</u>  <b>Cheese Quesadilla or Chicken Cheese Quesadilla</b>  <b>**Beef Rib B Que on a Bun**</b>            Beef or Pork Taco Salad            Chicken Caesar Wrap  <u>Choose:</u>            Green Bean • Salsa Cup            Romaine Side Salad</p>	<p><b>8</b></p> <p><u>Choose One:</u>  <b>Pizza Variety</b>  <b>Cheesy Shrimp Tacos w/ Tortillas</b>            Fruit &amp; Yogurt Plate            PBJ Uncrustable or Sandwich  <u>Choose:</u>            Broccoli Florets            Carrot Dippers Side Salad</p>
<p><b>11</b></p> <p><u>Choose One:</u>  <b>Chicken n Waffles</b>  <b>Cheese Pizza Crunchers</b>            Ham or Turkey Chef Salad            Crispy Chicken Wrap  <u>Choose:</u>            Corn Niblets            Farmstand Veggie Dippers</p>	<p><b>12</b> &gt;&gt; Nacho Rotation &lt;&lt;</p> <p><u>Choose One:</u>  <b>Cheesy Bread</b>  <b>&gt;&gt;Taco Beef &amp; Cheese&lt;&lt;</b>            Chicken BLT Salad            Turkey Pinwheel Munchable  <u>Choose:</u> Refried Fiesta Beans            Marinara Sauce Cup•Salsa Cup            Lettuce &amp; Tomato Side Salad</p>	<p><b>13</b></p> <p><u>Choose One:</u>  <b>Teriyaki Beef Dippers</b>  <b>Korean BBQ Drumstick</b>            (Both Entrées Served with Rice)            Yogurt, Fruit &amp; Granola Parfait            Turkey &amp; Cheese Croissant  <u>Choose:</u>            Broccoli Florets            Sliced Cucumber Side Salad</p>	<p><b>14</b></p> <p><u>Choose One:</u>  <b>Chicken Parmesan w/ Pasta</b>  <b>Hot Dog on a Bun</b> (Chicken)            Apple a Day Salad Plate            Chicken Caesar Wrap  <u>Choose:</u>            Crinkle Crispy Fries            Romaine Side Salad</p>	<p><b>15</b></p> <p><u>Choose One:</u>  <b>Pizza Variety</b>  <b>Fish &amp; Tots Basket</b>            Fruit &amp; Yogurt Plate            PBJ Uncrustable or Sandwich  <u>Choose:</u>            Green Beans            Carrot Dippers Side Salad</p>
<p><b>18</b></p> <p><u>Choose One:</u>  <b>Dill Nuggets w/ Roll</b>  <b>Pasta &amp; Meat Sauce w/ Roll</b>            Yogurt, Fruit &amp; Granola Parfait            Turkey Club Sub  <u>Choose:</u>            Sweet Potato Fries            Farmstand Veggie Dippers</p>	<p><b>19</b></p> <p><u>Choose One:</u>  <b>Beef or Pork Tacos w/ Tortillas or Chips</b>  <b>Mini Cheese Calzones</b>            Chicken Caesar Salad            Italian Pinwheel Munchable  <u>Choose:</u> Marinara Sauce Cup            Santa Fe Black Beans            Sliced Cucumber Side Salad</p>	<p><b>20</b></p> <p><u>Choose One:</u>  <b>Teriyaki Chicken w/ Rice</b>  <b>Macaroni &amp; Cheese</b>            Apple a Day Salad Plate            Turkey &amp; Cheese Croissant  <u>Choose:</u>            Broccoli Florets            Lettuce &amp; Tomato Side Salad</p>	<p><b>21</b></p> <p><u>Choose One:</u>  <b>Breakfast for Lunch</b>  <b>Chicken Patty on a Bun</b>            Harvest Farmers Salad            Ham &amp; Cheese Hoagie  <u>Choose:</u>            Deli Roasted Potato            Romaine Side Salad</p>	<p><b>22</b></p> <p><u>Choose One:</u>  <b>Pizza Variety</b>  <b>Fish &amp; Chips</b>            Fruit &amp; Yogurt Plate            PBJ Uncrustable or Sandwich  <u>Choose:</u>            Green Beans            Carrot Dippers Side Salad</p>
<p><b>25</b></p> 	<p><b>26</b></p> <p><u>Choose One:</u>  <b>Grilled Cheese or Grilled Ham n Cheese</b>  <b>Meat Lovers Stromboli</b>            Chicken Caesar Salad            Turkey Pinwheel Munchable  <u>Choose:</u> Tomato Soup            Marinara Sauce Cup            Sliced Cucumber Side Salad</p>	<p><b>27</b></p> <p><u>Choose One:</u>  <b>Beefy Mac Casserole</b>  <b>Popcorn Chicken Bowl</b>            Yogurt, Fruit &amp; Granola Parfait            Ham &amp; Cheese Croissant  <u>Choose:</u>            Mashed Potato &amp; Gravy            Farmstand Veggie Dippers</p>	<p><b>28</b> <b>** Feature Entrée **</b></p> <p><u>Choose One:</u>  <b>Cheese Quesadilla or Chicken Cheese Quesadilla</b>  <b>*Hamburgers &amp; Cheeseburgers*</b>            Taco Salad - Beef or Pork            Chicken Caesar Wrap  <u>Choose:</u> Green Beans            Salsa Cup            Romaine Side Salad</p>	<p><b>29</b></p> <p><u>Choose One:</u>  <b>Pizza Variety</b>  <b>Cheesy Shrimp Tacos w/ Tortillas</b>            Fruit &amp; Yogurt Plate            PBJ Uncrustable or Sandwich  <u>Choose:</u>            Broccoli Florets            Carrot Dippers Side Salad</p>

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