

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

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