



# Red Clay Consolidated School District

## ELEMENTARY LUNCH MENU AUGUST & SEPTEMBER 2019



### PRICES (NON-CEP)\*

- Elementary Breakfast: \$0.75
- Secondary Breakfast: \$0.90
- Elementary Lunch \$1.50
- Secondary Lunch \$1.75
- Milk \$0.50
- Adult Breakfast \$2.50
- Adult Lunch \$3.75

VISIT OUR WEBSITE!  
[WWW.REDCLAYCAFE.COM](http://WWW.REDCLAYCAFE.COM)

Follow us @redclaycafe

### DID YOU KNOW?

Red Clay offers Vegetarian meals! Visit [www.redclaycafe.com](http://www.redclaycafe.com) and pre-order your vegetarian meal today!

\*If your school is participating in CEP (Community Eligibility Provision), the first meal for daily breakfast and lunch is provided at no charge to all students.

Menu is Subject to change without notice.

USDA is an equal opportunity provider and employer.

# Celebrating Farm-to-School



Farm to school is an important part of the school lunch program! When farm fresh produce is served in schools, students are able to access local, high-quality, nutritious foods that help them learn and grow! Students will consume more fruit and vegetables and be more willing to try different kinds of produce that they wouldn't normally eat and also choose healthier options both in the school cafeteria and at home. During the school year, Red Clay Café tries to purchase produce from our local farmers! Farm fresh produce is **BOLDED** and highlighted in **GREEN**.

## Available Daily

Assorted Salads

PB & J Jamwich

Smoothies

Fruit & Yogurt Parfait

Low-Fat Plain Milk

Fat-Free Chocolate, Strawberry or Plain

Fresh Assorted Fruit

### Monday, August 26

#### Choice of One

- Chicken Patty Sandwich
- Assorted Deli Sandwiches
- Assorted Salads

#### Fruit & Vegetable Sides

- California Normandy Vegetables
- Assorted Cupped Fruit
- Fresh Assorted Fruit
- Raw Assorted Vegetables

### Tuesday, August 27

#### Choice of One

- Mandarin Orange Chicken With Chow Mein
- Assorted Deli Sandwiches
- Assorted Salads

#### Fruit & Vegetable Sides

- Malibu Blend Vegetables
- Pineapple & Mandarin Cup
- Fresh Assorted Fruit
- Fresh Broccoli & Red Peppers

### Wednesday, August 28

#### Choice of One

- Grilled Cheese Sandwich With Cheddar Goldfish
- Ham & Cheese Sandwich
- Assorted Salads

#### Fruit & Vegetable Sides

- Warm Tomato Soup
- Farm Fresh Watermelon**
- Fresh Assorted Fruit
- Farm Fresh Tomato & Cucumber Salad**

### Thursday, August 29

#### Choice of One

- Pizza with Whole Grain Crust
- Italian Sub
- Assorted Salads

#### Fruit & Vegetable Sides

- Farm Fresh Corn-on-the-Cob**
- Fresh Apple Slices
- Fresh Assorted Fruit
- Black Bean Salad

### Friday, August 30

No School Today



Watch. Learn. Grow

Watch the Cooking Show!

### LATE AUGUST

Homemade Pasta turned Frittata with the Villanelli Family

### LATE SEPTEMBER

Crab Cakes with Mr. Dorrell Green & His Daughters

### LATE OCTOBER

Slow Cooker Beef Chili & Corn Muffins with the Curtis Family

### LATE NOVEMBER

Chicken Marsala & Fruit Pizza with Chef Dana and Shakieyr

### Monday, September 2

No School Today



### Tuesday, September 3

#### Choice of One

- Cheese Pizza Dippers With Marinara Sauce
- Grilled Chicken Sandwich
- Assorted Salads

#### Fruit & Vegetable Sides

- Roasted Parmesan Green Beans
- Mixed Berry Cup
- Fresh Assorted Fruit
- Farm Fresh Tomato & Cucumber Salad**

### Wednesday, September 4

#### Choice of One

- French Toast Sticks w/ Syrup And Breakfast Sausage
- Turkey & Cheese Sandwich
- Assorted Salads

#### Fruit & Vegetable Sides

- Hashed Potatoes
- Fresh Fruit Combo
- Fresh Assorted Fruit
- Fresh Broccoli Florets & Celery Sticks

### Thursday, September 5

#### Choice of One

- Nacho Supreme with Tostitos And the Fixings
- Italian Sub
- Assorted Salads

#### Fruit & Vegetable Sides

- Steamed Corn
- Farm Fresh Peaches**
- Fresh Assorted Fruit
- Black Bean Salad

### Friday, September 6

#### Choice of One

- Vendor Pizza!
- Assorted Deli Sandwiches
- Assorted Salads

#### Fruit & Vegetable Sides

- Farm Fresh Roasted Squash**
- Farm Fresh Watermelon**
- Fresh Assorted Fruit
- Fresh Carrot Sticks

**Monday, September 9**

**I LOVE Food Day!**  
Vendor Pizza!  
Turkey Ham & Cheese Sandwich  
Assorted Salads



**Fruit & Vegetable Sides**  
 Emoji Potatoes  
 Emoji 100% Juice Frozen Treat  
 Fresh Assorted Fruit  
 Chocolate Hummus

**Tuesday, September 10**

**Choice of One**  
Meatball Parmesan Sandwich  
BLT Sandwich  
Assorted Salads

**Fruit & Vegetable Sides**  
Roasted Parmesan Green Beans  
Mixed Berry Cup  
Fresh Assorted Fruit  
**Farm Fresh Tomato & Cucumber Salad**

**Wednesday, September 11**

**Choice of One**  
Four-Cheese Tortellini  
With Marinara Sauce  
Ham & Cheese Sandwich  
Assorted Salads

**Fruit & Vegetable Sides**  
Roasted Broccoli  
Fresh Orange Wedges  
Fresh Assorted Fruit  
Fresh Red & Yellow Peppers

**Thursday, September 12**

**Choice of One**  
Popcorn Chicken  
With Garlic Dinner Roll  
Italian Sub  
Assorted Salads

**Fruit & Vegetable Sides**  
**Farm Fresh Corn-on-the-Cob**  
**Farm Fresh Peaches**  
Fresh Assorted Fruit  
Fresh Carrot Sticks

**Friday, September 13**

**Choice of One**  
Pizza with Whole-Grain Crust  
 Assorted Deli Wraps  
Assorted Salads

**Fruit & Vegetable Sides**  
**Farm Fresh Roasted Squash**  
Fresh Apple Slices  
Fresh Assorted Fruit  
Raw Assorted Vegetables

**Monday, September 16**

**Choice of One**  
Mozzarella Sticks  
With Marinara Sauce  
Ham & Cheese Sandwich  
Assorted Salads

**Fruit & Vegetable Sides**  
Roasted Broccoli  
Mixed Berry Cup  
Fresh Assorted Fruit  
Fresh Celery Sticks & Yellow Peppers

**Tuesday, September 17**

**Choice of One**  
Red Clay Cristo Sandwich  
Chicken Club on Ciabatta  
Assorted Salads

**Fruit & Vegetable Sides**  
 Hash Brown Patty  
Juicy Peach Cup  
Fresh Assorted Fruit  
Fresh Cauliflower Florets & Celery Sticks

**Wednesday, September 18**

**Choice of One**  
Cheeseburger on Bun  
Turkey & Cheese Sandwich  
Assorted Salads

**Fruit & Vegetable Sides**  
Zesty Ranchero Beans  
Chilled Applesauce  
Fresh Assorted Fruit  
Fresh Carrot Sticks

**Thursday, September 19**

**Choice of One**  
Breakfast Burrito with Eggs,  
Bacon & Cheese  
Italian Sub  
Assorted Salads

**Fruit & Vegetable Sides**  
Hashed Potatoes  
Sweet Strawberry Cup  
Fresh Assorted Fruit  
Fresh Red & Green Peppers

**Friday, September 20**

**Choice of One**  
Vendor Pizza!  
Assorted Deli Sandwich  
Assorted Salads

**Fruit & Vegetable Sides**  
Steamed Carrots & Green Beans  
Fresh Apple Slices  
Fresh Assorted Fruit  
Fresh Cherry Tomatoes & Cucumbers

**Monday, September 23**

**Choice of One**  
Chicken Patty Sandwich  
Turkey Ham & Cheese Sandwich  
Assorted Salads

**Fruit & Vegetable Sides**  
Parmesan Roasted Green Beans  
Juicy Peach Cup  
Fresh Assorted Fruit  
Chocolate Hummus

**Tuesday, September 24**

**Choice of One**  
Mandarin Orange Chicken  
Turkey Club on Ciabatta  
Assorted Salads

**Fruit & Vegetable Sides**  
Malibu Blend Vegetables  
Pineapple & Mandarins  
Fresh Assorted Fruit  
Fresh Broccoli & Red Peppers

**Wednesday, September 25**

**Choice of One**  
Grilled Cheese Sandwich  
With Cheddar Goldfish  
Ham & Cheese Sandwich  
Assorted Salads

**Fruit & Vegetable Sides**  
Warm Tomato Soup  
Fresh Fruit Combo  
Fresh Assorted Fruit  
Marinated Vegetable Salad

**Thursday, September 26**

**Choice of One**  
 Pepperoni Calzone  
With Marinara Sauce  
Italian Sub  
Assorted Salads

**Fruit & Vegetable Sides**  
Roasted Broccoli  
Sweet Strawberry Cup  
Fresh Assorted Fruit  
Tuscan Bean Salad

**Friday, September 27**

**Choice of One**  
Pizza with Whole-Grain Crust  
Assorted Deli Wraps  
Assorted Salads

**Fruit & Vegetable Sides**  
Oven Baked French Fries  
Fresh Apple Slices  
Fresh Assorted Fruit  
Raw Assorted Vegetables



**September Special Events**

**September 9– National I love food Day**

*Student Favorite Vendor Pizza served with Emoiji Faces Fries, Polish Ice and New! Chocolate Hummus*

**September 17–Monte Cristo Day**

*It's Back! Monte Cristo Sandwich! Ham & Cheese on French Toast served with a new Hash Brown Patty!*

**September 18–National Cheeseburger Day**

*Plain Cheeseburger on a whole-grain bun served with zesty ranchero beans and applesauce*



**MyPlate Spotlight | Fruit**

Any fruit or 100% juice counts as part of the fruit group. Elementary School students should aim to get 1 1/2 Cups of Fruit per day. To get all the fruit you need, you can drink 1/2 C. of juice at breakfast, eat a fruit cup during lunch and eat a piece of fruit at home! Check out what Fruit Red Clay Café is serving by looking for menu items in **RED**.

**Try Something New!** 

Look for the NEW icon by our new menu items!

**-No School -**  
**Monday, September 30th**

*We are Social!*  
Follow us @redclaycafe  
**INSTAGRAM & TWITTER**  
OR  
**VISIT WWW.REDCLAYCAFE.COM**