

September 2017

EL MORRO ELEMENTARY

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know...

The name September comes from the Latin septem for seven, since this was the seventh month of the Roman calendar.



www.lbusd.org
Nutrition Services

GOING GREEN ONLINE MENUS



ONLINE DEPOSIT
WITH e-Funds

4

WELCOME BACK

All Natural
Bean & Cheese Burrito (V)
Salsa – Peach Cup
Choice of Sides
Choice of Milk

5

Chicken Soft Tacos
Refried Beans
Applesauce Cup
Seasonal Fresh Fruits and
Vegetables
Choice of Milk

6

Baked Chicken
Brown Rice
Blue Raspberry
Lemon Ice
Seasonal Fresh Fruits and
Vegetables
Choice of Milk

7

Z PIZZA
Cheese Pizza (V)
Strawberry Cup
Seasonal Fresh Fruits and
Vegetables
Choice of Milk

8

MEATLESS MONDAY

Bosco's
Cheese Sticks (V)
W/Marinara Sauce
Sliced Pears
Choice of Sides
Choice of Milk

11

Mandarin King
House Chicken w/Rice
Applesauce Cup
Choice of Sides
Choice of Milk

12

BBQ
100% All Beef Hamburger,
Cheeseburger or Veggie
Burger Whole Grain Bun
Baked Beans
Blue Raspberry
Lemon Ice
Choice of Milk

13

Minimum Day

Fresh Fruit & Yogurt
Parfait (V)
Orange Juice
Choice of Sides
Choice of Milk

14

Z PIZZA
Cheese Pizza (V)
Applesauce Cup
Seasonal Fresh Fruits and
Vegetables
Choice of Milk

15

MEATLESS MONDAY

Vegetarian Bistro Box
Hummus, Cheese, Crackers
Carrots and Grapes
Seasonal Fresh Fruits and
Vegetables
Choice of Milk

18

Meatball Sub
Blue Raspberry
Lemon Ice
Choice of Sides
Choice of Milk

19

BBQ
100% All Beef Hot Dog or
Veggie Burger
Baked Beans
Seasonal Fresh Fruits and
Vegetables
Choice of Milk

20

Chicken Soft Tacos
Refried Beans
Applesauce Cup
Seasonal Fresh Fruits and
Vegetables
Choice of Milk

21

Z PIZZA
Cheese Pizza (V)
Applesauce Cup
Seasonal Fresh Fruits and
Vegetables
Choice of Milk

22

MEATLESS MONDAY

Penne Pasta (V)
W/Marinara Sauce
Green Beans
Seasonal Fresh Fruits and
Vegetables
Choice of Milk

25

Mandarin King
House Chicken w/Rice
Applesauce Cup
Choice of Sides
Choice of Milk

26

BBQ
100% All Beef Hamburger,
Cheeseburger or Veggie
Burger Whole Grain Bun
Baked Beans
Blue Raspberry
Lemon Ice
Choice of Milk

27

Popcorn Chicken
Steamed Corn
Sliced Peaches
Choice of Sides
Choice of Milk

28

Z PIZZA
Cheese Pizza (V)
Applesauce Cup
Choice of Sides
Choice of Milk

29

SNACKS

Bagel w/Cream Cheese	\$1.00
Blueberry Muffin	\$0.75
Soft Petzel	\$1.00
Yogurt	\$1.25
Breakfast Sandwich	\$2.00
Small Cereal w/Milk	\$1.25
Fruit Parfait	\$2.00
Assorted Chips	\$1.00
Granola Bar	\$0.50
Clif Bar	\$1.50
Krispy Treat	\$1.00
Milk/Juice	\$0.60
Fresh Fruit	\$0.50
Water	\$1.00

Lunch Price \$3.90
Staff Meal \$4.40

FRESH FRUIT/SALAD BAR NOW
PROUDLY SERVING SEASONAL
LOCALLY GROWN FRUITS &
VEGETABLES
CHOICE OF MILK

School News

**NUTRITION SERVICES
"FEATURING ALL
NEW"**

**NITRATE/NITRITE FREE
HOT DOGS &
HORMONE FREE
ANTIBIOTIC FREE
HAMBURGERS**

497-7700 x5216 or email
dappel@lbusd.org

Please take a minute to check out the
Nutrition Services website
www.lbusd.org

GOING GREEN ONLINE MENUS



ONLINE DEPOSIT
WITH e-Funds

"This institution is an equal
opportunity provider"