

# September 2017

## TOP OF THE WORLD 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](http://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  
Seasonal Fresh Fruits and Vegetables  
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  
Seasonal Fresh Fruits and Vegetables  
Choice of Milk

11

Mandarin King  
House Chicken w/Rice  
Baked Cinnamon Apples  
Choice of Sides  
Choice of Milk

12

#### Minimum Day

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

13

#### Popcorn Chicken

Steamed Corn  
Sliced Peaches  
Seasonal Fresh Fruits and Vegetables  
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  
Strawberry 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  
Seasonal Fresh Fruits and Vegetables  
Choice of Milk

28

**Z PIZZA**  
Cheese Pizza (V)  
Applesauce Cup  
Seasonal Fresh Fruits and Vegetables  
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](mailto:dappel@lbusd.org)

Please take a minute to check out the  
Nutrition Services website  
[www.lbusd.org](http://www.lbusd.org)

GOING GREEN ONLINE MENUS



ONLINE DEPOSIT  
WITH e-Funds

"This institution is an equal  
opportunity provider"