



SEPTEMBER 2021

Elementary School Lunch Menu



Monday

Tuesday

Wednesday

Thursday

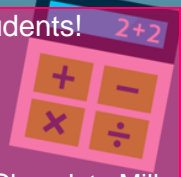
Friday

Lunch is **FREE** to all students!

All lunch meals include:

- Whole grains
- Lean Proteins
- Fresh Fruits and Vegetables
- Choice of Lowfat Plain or Nonfat Chocolate Milk

2+2



7
Teriyaki Beef Dippers & Rice
Homestyle Drumstick
Yogurt & Cheez-Its*

8
Corn Dog
Breaded Chicken Sandwich
Yogurt, Sunflower Seeds, & Wheat Crackers*

9
Brunch 4 Lunch:
French Toast & Sausage
Teriyaki Chicken & Rice
Yogurt & Cheez-Its*

10
Pizza Slice
(cheese* or pepperoni)
BBQ Pork Rib Sandwich
Yogurt, Sunflower Seeds, & Wheat Crackers*

13
Cheesy Breadsticks with Marinara Sauce*
Grilled Cheese Sandwich*
Yogurt, Sunflower Seeds, & Wheat Crackers*

14
Haytsack ^{GF}
(corn chips, taco meat, refried beans, and cheese)
Turkey & Cheese Deli Sandwich
Yogurt & Cheez-Its*

15
Chicken Nuggets & Garlic Toast
Grilled Cheese Sandwich*
Yogurt, Sunflower Seeds, & Wheat Crackers*

16
Orange Chicken & Rice
Macaroni & Cheese*
Yogurt & Cheez-Its*

17
Pizza Slice
(cheese* or pepperoni)
Mini Corn Dogs
Yogurt, Sunflower Seeds, & Wheat Crackers*

20
Homestyle Chicken Bowl with Dinner Roll
Grilled Cheese Sandwich*
Yogurt, Sunflower Seeds, & Wheat Crackers*

21
Cheesy Bean Nachos* ^{GF}
Chicken Nuggets
Yogurt, Sunflower Seeds, & Wheat Crackers*

22
Cheeseburger
Bean & Cheese Burrito*
Yogurt, Sunflower Seeds, & Wheat Crackers*

23
Chicken 'n Waffles
Beef Hot Dog
Yogurt & Cheez-Its*

24
Pizza Slice
(cheese* or pepperoni)
BBQ Pork Rib Sandwich
Yogurt, Sunflower Seeds, & Wheat Crackers*

27
PROFESSIONAL GROWTH DAY

NON-STUDENT DAY

28
Teriyaki Beef Dipper & Rice
Homestyle Drumstick
Yogurt & Cheez-Its*

29
Corn Dog
Breaded Chicken Sandwich
Yogurt, Sunflower Seeds, & Wheat Crackers*

30
Brunch 4 Lunch:
French Toast & Sausage
Teriyaki Chicken & Rice
Yogurt & Cheez-Its*

September Birthday Treat!