



September 2021 MENU Elementary School Menu

Lunch Price- \$FREE

Please register at MySchoolBucks.com to make prepayments, check balances and transaction history. Look on our District website under "Lunch Menus" for more details and updates.

DAILY ALTERNATES

- MONDAY**
Pizza Sticks (V)
- TUESDAY**
Grilled Cheese Sandwich (V)(GF)
- WEDNESDAY**
Egg & Cheese sandwich (V) (GF)
- THURSDAY**
Mozzarella Sticks (V)
- FRIDAY**
Mini turkey corn dogs

USDA Regulations

Students must take 3 of 5 components. 1 must be a fruit or vegetable for a complete meal!

Meat/Meat alternative

1 oz. Daily
(9 oz. weekly)

Whole Grain

1 oz Daily
(8 oz. weekly)

Vegetable

3/4 cup daily
(3 ¾ cup weekly)

Fruit

1/2 Cup daily
(2 ½ cup weekly)

Milk – 8 oz. milk choice

This institution is an equal opportunity Provider and employer.

DAILY COLD OPTIONS:
Cold Cereal w/ a cheese stick (V)(GF)
Bagel W/ Butter or Cream Cheese & cheese stick (V)(GF)
Sunbutter and jelly sandwich (V)(GF)
Yogurt w/ WG crackers (V)(GF)
Muffin (V)

Monday	Tuesday	Wednesday	Thursday	Friday
MENU IS SUBJECT TO CHANGE	*GF chicken Nuggets Can be substituted			
(GF) = Can be ordered in advance as a Gluten Free item (V) = Vegetarian (Most items can come vegetarian, ask for no meat)				
13 Chicken Nuggets (GF) Steamed Buttery Carrots Fruit Choice Milk choice	14 Hamburger w/wo Cheese (GF) Chick Pea Salad Fruit Choice Milk choice	15 BRUNCH FOR LUNCH French toast sticks (V) Bacon Hash Brown Rounds Fruit Choice Milk choice	16 NO SCHOOL YOM KIPPUR	17 Chefs Choice Pizza (V)(GF) Broccoli Fruit Choice Milk choice
20 Chicken Tenders (GF) Broccoli Fruit Choice Milk choice	21 Mozzarella Sticks With (V) W/ Dipping Sauce Green bean salad Fruit Choice Milk choice	22 Macho Nachos (GF) Crunchy Tostitos w/ Beef Nacho Cheese sauce Salsa & Sour Cream Black Bean Salad Fruit Choice Milk choice	23 BRUNCH FOR LUNCH Waffles (V) Bacon Tater tots Fruit Choice Milk choice	24 Chefs Choice Pizza (V)(GF) Carrot sticks Fruit Choice Milk choice
27 Chicken Nuggets (GF) Broccoli Fruit Choice Milk choice	28 Hamburger w/wo Cheese (GF) Chick Pea Salad Fruit choice Milk Choice	29 *Popcorn Chicken w/ Dipping Sauce Carrots WG crackers Fruit Choice Milk choice	30 BRUNCH FOR LUNCH French toast (V) Sausage Hash brown rounds Fruit Choice Milk choice	
			CHEFS CHOICE PIZZA Pizza squares (V) Mini Pizza bagels (V)(GF) Pizza crunchers (V) Pizza triangles (V) (GF)	

Using the www.MySchoolBucks.com account is recommended to buy snacks