



Elementary Lunch September 2017

				<p style="text-align: right;">1</p> <p>Stuffed Crust Cheese Pizza 34g Cheeseburger 30g Turkey Chef Salad w/ Cheez-Its 9(31g) Italian Wrap 32g Steamed Mixed Vegetables 6g Baby Carrots & Celery Sticks 4g Berry Fruit Salad 16g Apple, Banana or Orange 12-23g Milk 12g</p>
<p>4</p> <p>NO SCHOOL</p> 	<p style="text-align: right;">5</p> <p>Chicken Strips w/ Waffle 56g BBQ Chicken Sandwich 42g Turkey & Cheese Sub 30g Veggie Chef Salad w/ Cheez-Its 16g (31g) Sweet Potato Waffle Fries 16g BBQ Baked Beans 34g Pineapple 15g Whole Wheat Roll 26g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: right;">6</p> <p>Spaghetti w/ Meatballs & Whole Wheat Garlic Toast 33g Bean & Cheese Burrito w/ Cheez-Its 9(24g) Ham Chef Salad w/ Cheez-Its 9(24g) American Wrap 29g Garden Salad 3g Celebrate Summer Salad 1g Applesauce 14g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: right;">7</p> <p>Honduran Quesadilla 44g Hamburger 30g Turkey Chef Salad w/ Cheez-Its 9(24g) Spicy Chicken Wrap 30g California Vegetable Medley 6g Green Beans 5g Confetti Brown Rice 23g Seasonal Fruit Salad 8-16g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: right;">8</p> <p>Crispy Fish Nuggets 20g Hot Dog 29g Veggie Chef Salad w/ Cheez-Its 16 (31g) Ham & Cheese Sandwich 30g Oven Baked Potato Wedges 20g Baby Carrots & Celery Sticks 4g Cowboy Bread Chilled Pears 28g Apple, Banana or Orange 12-23g Milk 12g</p>
<p style="text-align: right;">11</p> <p>Chicken Pot Pie 16g Corndog 30g Turkey Chef Salad w/ Cheez-Its 9(31g) Southwest Veggie Wrap 38g Garden Salad 3g Sweet Potato Waffle Fries 15g Pineapple 15g Whole Wheat Roll 26g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: right;">12</p> <p>Crispy Orange Chicken 24g Nacho Salad 36g Ham Chef Salad w/ Cheez-Its 9g(24g) Fruit & Cheese Plate w/ Cheez-Its 34g Steamed Broccoli 7g Festive Black Beans 38g Cilantro Lime Rice 23g Seasonal Fruit Salad 8-16g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: right;">13</p> <p>Mac N Cheese 42g Crispy Chicken Sandwich 42g Turkey Chef Salad w/ Cheez-Its 9(24g) Ham & Cheese Wrap 29g Color of Italy Salad 4g Steamed Carrots 10g Mandarin Oranges 25g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: right;">14</p> <p>Crispy Chicken Drumstick 5g Cheese Enchiladas 30g Veggie Chef Salad w/ Cheez-Its 16(31g) Turkey & Cheese Sandwich 30g Green Beans 5g Mashed Potatoes 15g Whole Wheat Roll 26g Seasonal Fruit Salad 8-16g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: right;">15</p> <p>Frito Pie 38g Garlic Bread Cheese Pizza 34g Grilled Chicken Chef Salad w/Cheez-Its 9(24g) Ham & Cheese Sandwich 30g Steamed Mixed Vegetables 6g Baby Carrots & Celery Sticks 4g Seasonal Fruit Salad 8-16g Apple, Banana or Orange 12-23g Milk 12g</p>
<p style="text-align: right;">18</p> <p>Hot Dog Country Steak Fingers Fruit & Cheese Plate w/ Cheez-Its Turkey Chef Salad w/ Cheez-Its Seasoned Green Beans Mashed Potatoes Whole Wheat Roll Seasonal Fruit Salad Apple, Banana or Orange Milk</p>	<p style="text-align: right;">22</p> <p>Bean & Cheese Burrito 42g Crispy Fish Nuggets 20g Grilled Chicken Wrap 29g Veggie Chef Salad w/ Cheez-Its 16g (31g) Mexicali Corn 22g Sweet Potato Waffle Fries 16g Spanish Brown Rice 24g Pineapple 15g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: right;">23</p> <p>Italian Baked Pasta w/ Garlic Toast 34g(48g) Crispy Chicken Sandwich 42g Ham Chef Salad w/ Cheez-Its 9g (24g) American Wrap 30g Steamed Peas & Carrots 10g Colors of Italy Salad 4g Chilled Pears 28g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: right;">24</p> <p>Crispy Baked Chicken Drumstick 5g Baked Potato w/ Broccoli & Cheese Sauce 61g Grilled Chicken Salad w/Cheez-Its 9g(24g) Ham & Cheese Sandwich 30g Garden Salad 3g Celebrate Summer Salad 1g Dinner Roll 26g Sliced Peaches 16g Apple, Banana or Orange 12-23g Milk 12g</p>	<p style="text-align: right;">25</p> <p>Cheeseburger 30g Chicken Nuggets 14g Veggie Chef Salad w/ Cheez-Its 16g (31g) Turkey & Cheese Wrap 30g Oven Baked Potato Wedge 16g BBQ Baked Beans 34g Seasonal Fruit Salad 3g Apple, Banana or Orange 12-23g Milk 12g</p>

25	26	27	28	29
<i>Soft Beef Taco w/ Lettuce and Tomato 28g</i> <i>Crispy Chicken Sandwich 42g</i> <i>Ham Chef Salad w/ Cheez- Its 9g(24g)</i> <i>Southwest Veggie Wrap 40g</i> <i>Festive Black Beans 38g</i> <i>Sweet Potato Waffle Fries 16g</i> <i>Pineapple 15g</i> <i>Apple, Banana or Orange 12- 23g</i> <i>Milk 12g</i>	<i>Sweet & Sour Chicken 24g</i> <i>Cheese Nacho w/ Refried Beans 45g</i> <i>Ham & Cheese Sandwich 30g</i> <i>Turkey Chef Salad w/ Cheez-Its 9g(24g)</i> <i>Steamed Broccoli 7g</i> <i>Garden Salad 3g</i> <i>Cilantro Lime Rice 23g</i> <i>Mandarin Oranges 25g</i> <i>Apple, Banana or Orange 12- 23g</i> <i>Milk 12g</i>	<i>Chicken Broccoli Alfredo Pasta w/ Garlic Toast 31g (45g)</i> <i>Hot Meatball Sub 37g</i> <i>Turkey & Cheese Sub 30g</i> <i>Veggie Chef Salad w/ Cheez-Its 16g(31g)</i> <i>Colors of Italy Salad 4g</i> <i>Steamed Carrots 4g</i> <i>Peaches 16g</i> <i>Apple, Banana or Orange 12- 23g</i> <i>Milk 12g</i>	<i>Frito Pie 38g</i> <i>Crispy Chicken Drumstick 5g</i> <i>Grilled Chicken Chef Salad w/ Cheez-Its 9g(24g)</i> <i>Fruit & Cheese Plate w/ Cheez-Its 34g</i> <i>Green Beans 5g</i> <i>Mashed Potatoes 15g</i> <i>Whole Wheat Roll 26g</i> <i>Seasonal Fruit Salad 8-16g</i> <i>Apple, Banana or Orange 12- 23g</i> <i>Milk 12g</i>	<i>Stuffed Crust Cheese Pizza 34g</i> <i>Cheeseburger 30g</i> <i>Turkey Chef Salad w/ Cheez-Its 9(31g)</i> <i>Italian Wrap 32g</i> <i>Steamed Mixed Vegetables 3g</i> <i>Baby Carrots & Celery Sticks 4g</i> <i>Berry Fruit Salad 16g</i> <i>Apple, Banana or Orange 12- 23g</i> <i>Milk 12g</i>

Menu is subject to change without notice

This institution is an equal opportunity provider and employer