

September is here!

ELEMENTARY LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
	Be on the lookout for fresh local tomatoes, cucumbers, and bell peppers from the Seasonal Produce Farm in Bethel !	CHOICE OF 1% CHOC, CHOC SKIM 1% UNFLAVORED OR SKIM, FF STRAWBERRY AND VANILLA MILK/FRESH FRUIT/JUICE	1 MAC AND CHEESE ²² W/GRILLED FRANKS ¹ OR BAKED HAM ⁰ Pinto Beans ¹⁸ Steamed Cabbage ⁵ Stewed Tomatoes ² Onions ² & Cornbread ²⁵ Peaches ¹²	2 CHEESE PIZZA ³⁴ OR RAINBOW TROUT TRASURES ¹⁶ Garden Salad ² Baked Potato ³³ Cole Slaw ⁶ Peach Slush ³⁰
5 	6 BREAKFAST FOR LUNCH Eggs ⁰ w/Chicken ¹³ or Sausage ⁰ Biscuits ²⁸ and Gravy ⁹ or Pancakes ²⁶ w/Syrup ²⁰ Tater Tots ¹⁸ Applesauce ^{un 15}	7 BAKED HAM ⁰ OR TURKEY ROAST ¹ w/gravy ³⁷ Sweet Poato Souffle ⁵⁶ Broccoli Casserole ¹⁴ Honey Wheat Roll ²⁰ Pear Halves ²³	8 BEEF TACOS ²⁶ OR CHICKEN SOFT TACOS ³² Lettuce and Tomato ¹ Salsa ³ , Sour Cream ² and Cheese ¹ Whole Kernel Corn ¹⁹ Refried Beans ²⁰ Pineapple Tidbits ¹⁹	9 FISH SANDWICH ⁴⁵ OR PEPPERONI PIZZA ³⁹ Baked Potato ³³ Broccoli Spears ⁴ w/cheese ³ Mixed Fruit ¹⁸
12 ASIAN CHICKEN ¹⁹ W/RICE ³⁵ & BROCCOLI ⁴ RIB-E-QUE ⁴⁷ Pickles ⁰ Straight Cut Fries ¹⁶ Pineapple ¹⁹ Fortune Cookie ⁸	13 CHICKEN NUGGETS ⁷ OR SALISBURY STEAK ⁵ Mashed Potatoes ²⁰ & Gravy ³⁷ Seasoned Green Beans ³ Yeast Roll ²⁰ Applesauce ¹⁸	14 BAKED ZITI W/GARDEN SALAD ² AND BREADSTICK ¹⁹ OR CLUB SUB ⁴⁰ Lettuce and Tomatoes ¹ Normandy Blend ⁴ Diced Peaches ¹²	15 BBQ ON A BUN ⁴⁴ OR CORNDOG ²⁷ Cole Slaw ⁶ Veggie Beans ³³ Corn ⁹ Pears ²³	16 CHEESE PIZZA ³⁴ OR CHICKEN FILLET ⁴⁵ Pickles ⁰ Lettuce and Tomatoes ¹ Cream of Broccoli Soup ¹⁸ Garden Salad ² Fresh Orange Wedges ¹⁵ Cracker --
19 CHICKEN POT PIE ³² OR HAMBURGER ³² Lettuce and Tomato ¹ Pickles ⁰ Peas and Carrots Mashed Potatoes ²⁰ Hot Yeast Roll ²⁰ Mixed Fruit ¹⁸	20 MAC AND CHEESE ²² W/GRILLED FRANKS ¹ OR SLICED HAM ⁰ Pinto Beans ¹⁸ Steamed Cabbage ⁵ Stewed Tomatoes ² Onions ² & Cornbread ²⁵ Peaches ¹²	21 BREAKFAST FOR LUNCH Eggs ⁰ w/Chicken ¹³ or Sausage ⁰ Biscuits ²⁸ and Gravy ⁹ or Pancakes ²⁶ w/Syrup ²⁰ Tater Tots ¹⁸ Applesauce ^{un 15}	22 BEEF TACOS ²⁶ OR CHICKEN SOFT TACOS ³² Lettuce and Tomato ¹ Salsa ³ , Sour Cream ² and Cheese ¹ Whole Kernel Corn ¹⁹ Refried Beans ²⁰ Pineapple Tidbits ¹⁹	23 STUFFED CRUST PIZZA ⁵¹ OR RAINBOW TROUT TREASURES ¹⁶ Sweet Potato Fries ²³ Garden Salad ² Hushpuppies ¹⁸ Pear Halves ²³
26 CHEF BOYARDEE RAVIOLI ³⁰ OR VEGGIE BEEF SOUP W/GRILLED CHEESE ³⁰ or PB&J ⁵² Tossed Salad ² Breadstick ¹⁶ Spiced Apples ¹⁸	27 MEATLOAF ⁴ OR GRILLED CHICKEN BREAST ⁰ Mashed Potatoes ²⁰ w/gravy Seasoned Green Beans ³ Hot Yeast Roll ²⁰ Pineapple Tidbits ¹⁹	28 SPAGHETTI ²⁹ W/GARDEN SALAD ² OR CHICKEN ALFREDO Broccoli Spears ⁴ Steamed Carrots ⁸ Bread Stix ¹⁶ Mixed Fruit Cocktail ¹⁸	29 HOT DOG ²⁴ W/CHILI ⁵ OR CHICKEN RINGS ⁹ Cole Slaw ⁶ Green Peas ¹¹ Crinkle Fries ²⁰ Diced Peaches ¹²	30 FRUIT AND YOGURT PLATE ⁷⁴ OR CHEESE PIZZA ³⁴ Carrots and Cucumbers ⁸ w/dip ² Normandy Blend ⁴ Pear Halves ²³

Subject to change.

“ THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.”

Rev. 8/24/11