September Elementary Lunch Menu

Wednesday

Menu Subject to Change Without Notice



School lunch is free to all TK-8th grade students!



A la carte water or milk = 50 cents

www.etiwanda.org/page/ child-nutrition

USDA Lunch requires students to take 3 of 5 food groups, one being a fruit or vegetable. Lunch includes your choice of Non-Fat Chocolate or 1% White Milk.

Current Menu Options are Pork Free

This institution is an equal opportunity provider

Beef Taco Salad w/ Teriyaki Beef w/ Rice **Chicken Nuggets HAPPY**

Tuesday

Crispy Chow Mein Noodles

Broccoli & Side Salad

Fruit Variety

1% Milk/NF Choc. Milk

Beef Hamburger on a

Bun

Seasoned Potato Wedges

Tomato & Shredded Lettuce

Fruit Variety

1% Milk/NF Choc. Milk

Chicken Patty on a

Bun

Cool Cucumbers

Tomato & Shredded Lettuce

Fruit Variety

1% Milk/NF Choc. Milk

All-Beef Hot Dog on a

Bun

Baked Beans

Side Salad

Fruit Variety

Monday

LABOR DAY

No School

Labor Day

No School

Non-Student Day

Bean & Cheese

Chalupa

w/ Sour Cream

Golden Corn & Shredded Lettuce

Fruit Variety

1% Milk/NF Choc. Milk

Bean & Cheese Burrito

Golden Corn & Side Salad

Fruit Variety

Strawberry-Mango Ice Cup

(Made with 100% Fruit Juice!)

1% Milk/NF Choc. Milk

Baked Beans

Tomato & Shredded Lettuce

Fruit Variety

1% Milk/NF Choc. Milk

8

15

22

29

Goldfish Crackers Golden Corn & Side Salad Fruit Variety

Cheese Quesadilla

Refried Beans & Side Salad

Fruit Variety

Blue Raspberrry-Lemon Ice Cup

(Made with 100% Fruit Juice!)

1% Milk/NF Choc. Milk

Macaroni & Cheese

Corn Muffin Star

Baby Carrots & Side Salad

Fruit Variety

1% Milk/NF Choc. Milk

1% Milk/NF Choc. Milk

10

17

Beef Ravioli **Garlic Bread Stick**

Thursday

Chips

Baby Carrots

Salsa Cup

Fruit Variety

1% Milk/NF Choc. Milk

Romaine Side Salad Fruit Variety

Fruit Variety 1% Milk/NF Choc. Milk 1% Milk/NF Choc. Milk 18

11

Chicken Nuggets Cheese Pizza Crunchers

Mixed Berry Cookies Baked Beans & Side Salad Fruit Variety 1% Milk/NF Choc. Milk

w/ Marinara Romaine Side Salad

Fruit Variety 1% Milk/NF Choc. Milk

Italian (Turkey) Combo

Sandwich w/ Cheese

Brookie

Green Beans & Shredded Lettuce

Fruit Variety

1% Milk/NF Choc. Milk

Friday

Deep Dish Cheese

Pizza

Cool Cucumbers

Side Salad

Fruit Variety

1% Milk/NF Choc. Milk

Cheesy Pull-Aparts w/

Marinara

Brookie

Baby Carrots & Side Salad

12

19

26

Orange Chicken w/ Rice

Crispy Chow Mein Noodles Broccoli & Side Salad Fruit Variety

Baby Carrots Shredded Lettuce Fruit Variety 1% Milk/NF Choc. Milk

Beef Soft Taco

24

1% Milk/NF Choc. Milk

1% Milk/NF Choc. Milk 30

16

23

Chicken Patty on a Teriyaki Beef w/ Rice Bun

Crispy Chow Mein Noodles Broccoli & Side Salad Fruit Variety 1% Milk/NF Choc. Milk



