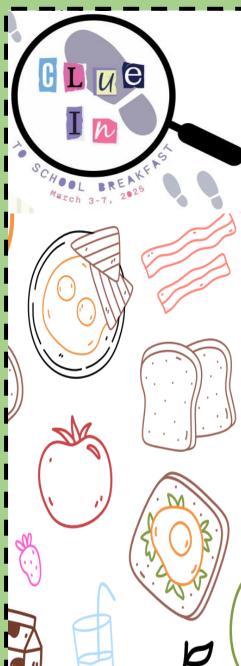


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Cut out your Bookmark!



# **Elementary Lunch Menu:**

All students will be offered 5 components at lunch; meat/protein, bread/grain, fruit, vegetables, and milk, Students must select a ½ cup serving of fruit or vegetable and two other components for lunch. Students may take all 5 components.



## 3 Fish Sticks w/ Rainbow Fish Crackers

Yogurt & Graham Crackers

**MONDAY** 

French Fries Romaine Salad Apples Apricot Cups Ranch Dressing Catsup

# Teriyaki Chicken w/Rice

**TUESDAY** 

**Yogurt & Graham Crackers** 

Romaine Salad Bananas Ranch Dressing

# **WEDNESDAY**

3-Bean Deluxe Nachos w/Cheese

**Yogurt & Graham Crackers** 

Romaine Salad Sliced Cucumbers Grapes Pears Ranch Dressing Salsa

# **Chicken & Waffles**

**Yogurt & Graham Crackers** 

**THURSDAY** 

Romaine Salad Mixed Fruit Sliced Oranges Jicama Sticks Ranch Dressing Catsup Syrup

**FRIDAY** 

Mac & Cheese w/Roll Yogurt & Graham Crackers

Romaine Salad Green Beans **Apples** Peaches

Ranch Dressing

# **DR. SEUSS DAY** 10

Spaghetti & Meat Sauce w/Roll

Yogurt & Graham Crackers

Romaine Salad Zucchini Coins Apples Ranch Dressing **MARIO DAY** 

# 11

**Roasted Chicken & Mashed** Potatoes & Roll

**Yogurt & Graham Crackers** 

Celery Sticks Romaine Salad Bananas Pears Ranch Dressing

# 12

Cheeseburgers **Yogurt & Graham Crackers** 

Romaine Salad Seasoned Pinto Beans **Apples** Ranch Dressing Catsup

### 13 **Green (Chicken) Pozole**

w/Tortilla Chips

**Yogurt & Graham Crackers** Shredded Cabbage Lemon Wedges Jicama Sticks

Mixed Fruit

14

Cheesy Penne w/Alfredo & **Breadstick** 

**Yogurt & Graham Crackers** 

Romaine Salad Carrot Sticks Grapes Ranch Dressing

#### 17

**Shamrock Chicken Nuggets & Cheez Its** 

**Yogurt & Graham Crackers** 

**BBQ Beans** Romaine Salad Grape Tomatoes Grapes Ranch Dressing Catsup

## 18

Walking Beef Tacos w/Cheese

**Yogurt & Graham Crackers** 

Romaine Salad 1/2 Sliced Cucumbers Bananas Ranch Dressing Salsa

Domino's Pepperoni Pizza **Yogurt & Graham Crackers** 

Romaine Salad Jicama Sticks Apples Mixed Fruit Ranch Dressing



Mustard









#### **Beef** Turkey **Chicken Vegetarian** Fish

# 31

**Corn Dogs** 

**Yogurt & Graham Crackers** 

Green Beans Carrot Sticks Apples Peaches Ranch Dressing

