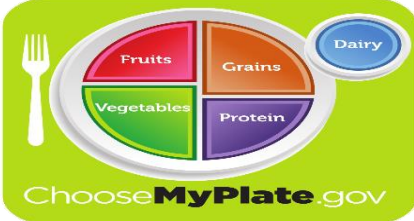


Aug./Sept. 2019 Elementary School Menu Allergy & Carbs

| | Aug. 20 | Augs. 21 | Aug. 22 | Aug. 23 |
|--|--|---|--|--|
| | M-S-W | M-S-W | S-W | M-S-W |
| E=Egg M=Milk S=Soy W=Wheat | Burger 2.6oz 2g Bun 2oz 26g Baked Chips 1oz 20g Pickles 1oz 0g Peaches 1/2c 11g | Cheese Bosco 2ea 30g Marinara 1/4c 3g Veggie Sticks: 1/2c 9.6 & 3g Clementines 1ea 9g | Chicken Nuggets 5ea 16g Broccoli 1/2c 5g Grapes 1/2c 24g | Deli Ham 4sl 2g Bun 2oz 26g Goldfish Crackers 1oz 14g cucumbers 1/2c 0g Apples 1/2c 10.1g slushie 1/2c 25g |
| Aug. 26 | Aug. 27 | Aug. 28 | Aug. 29 | Aug. 30 |
| E-M-S-W | E-M-S-W | M-S-W | M-S-W | E-M-S-W |
| Corn Dog 1ea 30g Sun Chips 1oz 18g Pickle Spear 1oz 1g Craisins 1oz 28g | Egg Patty 1ea 1g Sausage Patty 1ea 0g Bagel 1ea 29g Yogurt 1/2c 14g Juice 1/2c 14g | Cheese Pizza 1sl 35g Salad 1c 3g Apples 1/2c 10.1g | Chicken Patty 1ea 16g Bun 2oz 26g Broccoli 1/2c 5g Strawberry 1/2c 10g | Taco Meat 3oz 5g Chips 1oz 18g Salsa 1/4c 3g Pineapple 1/2c 17g Cookie 1ea 32g |
| Sept. 2 | Sept. 3 | Sept. 4 | Sept. 5 | Sept. 6 |
| | M-S-W | M-S-W | S-W | M-S-W |
| No School | Potato Wedge 3oz 19g Cheese 3oz 3g Black Olives 2T 1g Peaches 1/2c 11g | Cheese Pizza 1sl 35g Broccoli 1/4c 5g Cauliflower 1/4c 8g Oranges 1/2c 10.5g | Popcorn Chicken 11 ea. 14g Salad 1c 3g Garbanzo 1/2c 20g Apples 1/2c 10.1g | Burger 2.6oz 2g Bun 2oz 26g Baked Chips 1oz 20g Grapes 1/2c 24g Veggie Sticks 1/2c 9.6 & 3g Rice Krispie 1ea 30g |
| Sept. 9 | Sept. 10 | Sept. 11 | Sept. 12 | Sept. 13 |
| M-S-W | M-S-W | M-S-W | E-M-S-W | M-W |
| Quesadilla 1ea 39g Chips 1oz 18g Salsa 1/4c 3g Black Beans 1/2c 20g Mandarins 1/2c 17g | Deli Ham 4sl 2g Bun 2oz 26g Sun Chips 1oz 18g Pickles 1oz 0g Fruit Snack 1oz 21g | Cheese Bosco 2ea 30g Marinara 1/4c 3g Salad 1c 3g Apples 1/2c 10.1g | Chicken Nuggets 5ea 16g Waffle 1ea 16.5g Baby Carrots 1/2c 4 Peaches 1/2c 11g | Hot Dog 2oz 1g Bun 2oz 25g Goldfish Crackers 1oz 14g cucumbers 1/2c 0g Strawberry 1/2c 10g Jonny Pop 1ea 10g |
| Sept. 16 | Sept. 17 | Sept. 18 | Sept. 19 | Sept. 20 |
| E-M-S-W | E-M-S-W | M-S-W | M-S-W | M-S-W |
| Mac & Cheese 6oz 29g Green Beans 1/2c 4g Applesauce 1/2c 15g Pretzel 1oz 14g | Egg Patty 1ea 1g Sausage Patty 1ea 0g Bagel 1ea 29g Yogurt 1/2c 14g Juice 1/2c 14g | Cheese Pizza 1sl 35g Salad 1c 3g Kidney Beans 1/2c 16g Oranges 1/2c 10.5g | Chicken Patty 1ea 16g Bun 2oz 26g Pasta Salad 1/2c 34g Broccoli 1/2c 5g Grapes 1/2c 24g | Ravioli 1c 30g Veggie Sticks 1/2c 9.6 & 3g Dinner Roll 1ea 13g Apples 1/2c 10.1g Caramel 1oz 18g |

| Sept. 23 | Sept. 24 | Sept. 25 | Sept. 26 | Sept. 27 |
|---|--|---|---|--|
| M-S-W | M-S-W | M-S-W | M-S-W | E-M-S-W |
| Burger 2.6oz 2g Bun 2oz 26g Baked Chips 1oz 20g Pickles 1oz 0g Peaches 1/2c 11g | Potato Wedges 3oz 19g Cheese 3oz 3g Black Olives 2T 1g Mandarins 1/2c 17g | Cheese Pizza 1sl 35g Salad 1c 3g Apples 1/2c 10.1g | Popcorn Chicken 11ea 15g Sweet Potato Fry 3oz 17g Broccoli 1/2c 5g Strawberry 1/2c 10g | Nacho Cheese 3oz 3g Chips 1oz 18g Refried Bean 1/2c 23g Salsa 1/4c 3g Pineapple 1/2c 17g Cookie 1ea 32g |
| Sept. 30 | | | | |
| E-M-S-W |  | | | |
| Corn Dog 1ea 30g Tater Tots 3oz 16g Mixed Bean Salad 1/2c 19g Applesauce 1/2c 15g | | | Offer vs. Serve Must take 1/2c Fruits or Veggies | Lunch Prices: Students \$2.95 Adults \$3.20 Milk \$0.35 |

Alternate Entrée:

| | | | |
|------------------|-----------------------------------|----------------------------------|-------------------|
| Monday | Chicken Tenders | 3ea, 16g | S-W |
| Tuesday | Beef Hot Dog Bun | 2oz, 1g 2oz, 25g | M-W |
| Wednesday | Mini Pancakes | 8ea, 38g | E-M-S-W |
| Thursday | Yogurt String Cheese Muffin | 1/2c, 14g 1oz, 1g 2oz, 28g | M M E-M-S-W |
| Friday | Cheese Pizza (individual) | 1ea, 20g | M-S-W |