

# September 2017

## Ralph Askins Elementary

### LUNCH



**A complete lunch MUST consist of at least 3 separate items offered that day, from at least 3 of the 5 food components. One of which MUST be fruit or veggie.**  
**\*\* Cold Sandwich/Wrap or Salad offered when available\*\***



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts  
**\*\* USDA is an equal opportunity employer & provider \*\***  
**\*\* Manager Reserves the right to substitute due to food availability \*\***



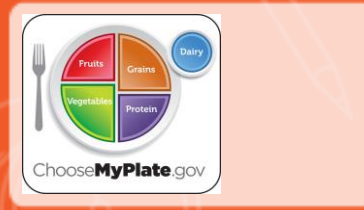
### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Pancake Sausage Stick Or  
 Ham & Cheese Sub  
 Tator Tots  
 Tomato Wedges  
 Yogurt  
 Fresh Melon **1**

**No School** **4**

Pepperoni Pizza Or  
 Grilled Cheese  
 Potato Wedges  
 Side Salad  
 Veggie Tray  
 SideKick Fruit Slush **5**

Spaghetti w/Garlic Bread Or  
 Ham & Cheese Sub  
 Baked Potato w/Trimmings  
 Peas & Carrots  
 Banana **6**

Hot Dog on Bun Or  
 Turkey & Cheese Wrap  
 Green Beans  
 Curly Seasoned Fries  
 Tomato Wedges  
 Mixed Fruit **7**

Hamburger w/Bun Or  
 Ham & Cheese Sub  
 Lettuce & Tomato Tray  
 Sliced Cucumbers  
 Corn Cob  
 Orange Wedges **8**

Chicken Breast w/Roll Or  
 Turkey & Cheese Wrap  
 Mac & Cheese  
 Steamed Broccoli  
 Buttered Corn  
 Strawberries **11**

Chicken Chunks w/ Roll Or  
 Golfish Ham & Chz Sandwich  
 Mashed Potatoes  
 Glazed Carrots  
 Baked Beans  
 Rainbow Applesauce **12**

Frito Taco Or  
 Turkey & Cheese Sub  
 Salad  
 Mexican Corn  
 Spicy Pintos  
 SideKick Fruit Slush **13**

Stuffed Crust Chz Pizza Or  
 Grilled Cheese  
 Side Salad  
 Corn Cob  
 Tator Tots  
 Orange Wedges **14**

BBQ Pork Sandwich Or  
 Ham & Cheese Sandwich  
 Sliced Cucumbers  
 French Fries  
 Coleslaw  
 Banana **15**

Pizza Crunchers w/Marinara Or  
 Ham & Cheese Sandwich  
 Side Salad  
 Green Beans  
 Sweet Buttered Corn  
 Mixed Fruit **18**

Chicken Drumstick w/roll Or  
 Turkey & Cheese Sandwich  
 Steamed Broccoli w/ chz  
 Baked Beans  
 Veggie Tray  
 Apple Wedges **19**

Meatball Sub/Bowl Or  
 Chicken Salad Sandwich  
 Pinto Beans  
 Stir Fry Italian Veggies  
 Buttered Squash  
 Grapes **20**

BBQ Baked Potato w/Rol Or  
 Grilled Cheese  
 Side Salad  
 Roasted Bell Peppers  
 Pineapple **21**

Pancake Sausage Stick Or  
 Ham & Cheese Sub  
 Tator Tots  
 Tomato Wedges  
 Yogurt  
 Fresh Melon **22**

Salisbury Steak w/Gravy Or  
 Goldfish Turkey & Chz Sandwich  
 Cornbread  
 Pinto Beans  
 California Veggies  
 Rosy Pears **25**

Pepperoni Pizza Or  
 Grilled Cheese  
 Potato Wedges  
 Side Salad  
 Veggie Tray  
 SideKick Fruit Slush **26**

Spaghetti w/Garlic Bread Or  
 Ham & Cheese Sub  
 Baked Potato w/Trimmings  
 Peas & Carrots  
 Banana **27**

Hot Dog on Bun Or  
 Turkey & Cheese Wrap  
 Green Beans  
 Curly Seasoned Fries  
 Tomato Wedges  
 Mixed Fruit **28**

Hamburger w/Bun Or  
 Ham & Cheese Sub  
 Lettuce & Tomato Tray  
 Sliced Cucumbers  
 Corn Cob  
 Orange Wedges **29**