

Elementary Schools

2016-2017

Week One Sept 6

Monday

41 Sloppy Joe
 Or 44 Chicken Filet Sandwich
21 Sweet Potato Fries
 5 Slaw
 21 Ranch Beans
lettuce/tomato/pickle
 3 Tossed Green Salad
 15 Fruit

Tuesday

16 Chicken Fritter Bites/Tende
Or 22 Mini chef salad
 20 Creamed Potatoes
 15 Green Peas
 Tossed Green Salad
 16 Roll
10 fresh baby carrots w/ dip
 15 Fruit

Wednesday

30 Pizza
 Or 24 Beef-a-roni
 15 Corn
 10 Raw Veggies w/ Dip
 3 Tossed Green Salad
 15 Fruit
 14 Frozen Juice Treats

Thursday

33 Cheeseburger
 Or 30 Ham & Cheese Sub shop Sandwich
 23 Baked Chips
 5 Carrot Stix
 Peppers, Onions, olives, etc
 15 Cowboy Caviar
 3 Tossed Green Salad
 15 Fruit

Friday

22 Fish Strips w/ 17 hushpuppies
 Or 32 Grilled Chicken Sandwich
 20 Mac 'n Cheese
 20 Lima Beans
 5 Cole Slaw
 3 Tossed Green Salad
 15 Fruit

Week Two Sept 12

Monday

33 Cheeseburger
 Or 23 Turkey & Cheese WW wrap
 23 Baked Lays
 3 Carrot & Celery Stix

 Lettuce/Tomato/Pickles
 3 Tossed Green Salad
 15 Fruit

Tuesday

17 Popcorn Chicken Smackes
Or 34 Yogurt/Muffin Munchable
 20 Creamed Potatoes
 15 Green Peas
 Tossed Green Salad
 16 Roll
 15 Fruit
 Dessert

Wednesday

32 BBQ Pork w/ roll
 Or 37 Chicken Fettucini
 15 Corn
 3 Green Beans
 Tossed Salad
 Sliced Cucumbers
 15 fruit

Thursday

41 Spaghetti
 Or 27 Corn Dog
 2 Oven roasted potatoes
 17 Broccoli w/ Cheese
 5 Carrots
 16 Roll
 3 tossed green salad
 15 Fruit

Friday

27 Beefy Nachos
 Or 29 Pizza Quesadilla
 Salsa, Sour cream
 20 Rice
 19 Refried Beans
 15 Fruit
 Lettuce/Tomato/Pickles
 Tossed Green Salad
 15 Corn and black bean salad

Week Three Sept 19

Monday

30 Pizza
 44 Chicken Filet Sandwich
 15 Corn
 3 RawVeggie Medley
 3 Tossed Green Salad
 Lettuce/Tomato/Pickles
 15 Fruit

Taco Tuesday

25 Crispy Beef Taco
 Or 20 Soft Chicken Taco
Or 34 Yogurt/Muffin Munchable
 19 Refried Beans
 20 Rice
 Tossed Green Salad
 15 Fruit
 15 Corn and black bean salad

Wednesday

15 Oven Fried Chicken
 Or 8 Hamburger Steak
 30 Baked Sweet Potato
 5 Steamed veggies
 16 Whole grain Roll
 Cucumber and Tomato Salad
 15 Fruit
 3 Tossed Green Salad

Thursday

31 Steak Strips w/ 1 oz roll
 OR 34 Meatball Sub
 20 Steamed Flavored Rice
 15 Pinto Beans
 10 Okra
 15 Fruit
 3 Tossed Green Salad

"Fry"day

42 Fish Sandwich
 Or 42 BBQ Sandwich
 20 French Fries
 20 Baked Beans
 Lettuce/Tomato/Pickle
 5 Cole Slaw
 Tossed Green Salad
 15 Fruit

plain milk 13
 choc milk 20