





Elementary School Menu September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	3 Orange Chicken Sloppy Joe Sandwich Crispy Chicken Salad Carrot Coins Fruit Cinnamon Cookie	4 Cheese Sticks Pancakes & Sausage Buffalo Chicken Salad Broccoli Fruit Assorted Cereal	5 Cheese Pizza Veggie Melt Chicken Quesadilla Crispy French Fries Fruit Breakfast on a Stick	6 Hot Dog Rotini Alfredo Pasta Silly Rabbit Yogurt Meal Green Beans Fruit Pastry with String Cheese	
9 BBQ Rib Sandwich Popcorn Chicken Sunbutter & Jelly Sandwich Peas Fruit Oatmeal Cookie	10 Chicken Nuggets Beefy Spaghetti Chicken Salad Sub Silly Dilly Green Beans Fruit Yogurt w/ crackers	11 Cheese Nachos Teriyaki Beef Dippers Chicken Caesar Salad Refried Beans Fruit Assorted Cereal	12 Hawaiian Pizza Stir Fry Chicken Grilled Cheese Sandwich Carrot Coins Fruit Mini Pancakes	13 Corn Dog Chicken BLT Salad Chicken Parmesan Pasta Broccoli Fruit Breakfast bar w/ string cheese	
16 Chef Salad Taco Monday! Cordon Bleu Burger Refried Beans Fruit Mini French Toast	17 Beef Tostadas Chicken Pot Pie Ham & Cheese Wrap Broccoli Fruit Breakfast Burrito	18 Backyard Cheeseburger Little Italy Meatball Sub Greek Salad Carrot Coins Fruit Assorted Cereal	19 Pepperoni Pizza Beef & Broccoli Chicken Fajita Salad Cauliflower Fruit Egg & Cheese Sandwich	20 Cheese Enchiladas Chicken Burger Silly Rabbit Protein Box Confetti Corn Fruit Mini Cinnamon Rolls	
23 American Sub Italian Dunkers Chicken Patty Hamburger Peas Fruit Mini Bagels	24 French Toast & Hasbrowns Macaroni & Cheese Club Wrap Broccoli Tree Fruit Apple Cinnamon Muffin	25 Lasagna Silly Rabbit Fruit Box Chef Salad Green Beans Fruit Assorted Cereal	26 Pizza Bagel Cheese Quesadilla Ham & Cheese Wrap Black Beans Fruit Tater Tot Burrito	27 Hamburger Bean & Cheese Burrito Pueblo Salad Carrot Coins Fruit Poptart with String Cheese	
30 Chicken Tenders Fiesta Chili Frito Pie Mario's Italian Sub Confetti Corn Fruit Breakfast Pizza					Sept. 5 th National Cheese Pizza Day! Sept. 18 th National Cheeseburger Day! Sept. 24 th National Breakfast Month!
<p>USDA Meal Requirements Helping Build A Healthier Tomorrow For Students</p> <p>Through the Healthy, Hunger-Free Kids Act (HHFKA) championed by the First Lady and signed by President Obama, the USDA began making changes to school meals two years ago. These changes included greater emphasis on reducing saturated fats, sodium and sugar in the menus, while also increasing food sources rich in nutrients like vitamins A and C, fiber and calcium.</p> <p>The HHFKA standards align school meals with the latest nutrition science and are required to be consistent with the Dietary Guidelines for Americans. You can read more about the Dietary Guidelines for Americans at http://www.health.gov/DietaryGuidelines/.</p>		<p>These guidelines are reviewed and revised every five years.</p> <p>Responsible reforms like the HHFKA aim to do what's right for children's health and for the health of our country. It takes teamwork to help children understand good nutrition, encourage them to eat more fruits and vegetables and teach them how to maintain fitness for a lifetime. Together we can help ensure students today have greater opportunities for success tomorrow. Please encourage your child to eat balanced meals, try new foods and eat their daily fruits and vegetables.</p>		<p>Nutritional information is available at the food service office.</p> <p>Menu subject to change without notice.</p> <p>*Indicates pork product</p>	
<p>"This institution is an equal opportunity provider."</p>					

WE OFFER FAT FREE, 1% OR CHOCOLATE MILK WITH ALL MEALS
Students Must Select 3 out of the 5 Meal Components.
One Of The 3 Components Selected, MUST Be Fruit or Vegetable.


 OUR MILK IS A LOCAL PRODUCT
 
 ALL FRESH FRUIT & VEGGIES ARE CLEAN PRODUCTS
 Any Questions Please Call Central Kitchen: (520) 377-9175

This month's selection of A-Z Salad Bar are the letters D, E & F