

Elementary Lunch Menu

September 2015



Variety of Milk is offered with each meal
Nutrition Bar offered Daily



Monday

FOOD FOR THOUGHT:
GRAPES

The practice of growing grapes is known as viticulture.

FRESH PICKS.

Tuesday

Turkey & Dressing Supreme or Chicken Wrap
Mashed Potatoes
Fresh Carrots w/Ranch
Peach Slices

Wednesday

Beef Nachos or Pasta Chicken Salad
Shredded Cheese
Refried Beans
Romaine Lettuce
Sliced Tomatoes
Fresh Honeydew

Thursday

Chicken Enchiladas or Turkey & Cheese Sandwich
Calabacitas
Lettuce & Tomatoes
Spanish Rice
Pears

Friday

Pepperoni Pizza Or BLT Chicken Salad
Garden Salad
Broccoli w/ Ranch
Orange

Sloppy Joe On Bun or Peanut Butter & Jelly
Green Beans
Coleslaw
Apple

Chicken Parmesan or Chef Salad w/ Bread Stick
Mixed Vegetables
Popeye Salad
Pineapple

BBQ Riblet Sandwich or Chicken Ranch Wrap
Pinto Beans
Cherry Tomatoes
Strawberries

Tamale Pie or Beef Taco Salad
Steamed Corn
Baby Carrots
Mixed Fruit

Cheese Burger or Ham & Cheese Sandwich
Garden Salad
French Fries
Cantaloupe

Mini Corn Dogs Crispy Chicken Salad & Roll
French Fries
Mixed Vegetables
Grapes ^{FP}

Beefy Nachos Chicken Wrap
Romaine
Tomatoes
Refried Beans

Spicy Mexican Chicken Turkey & Cheese Sandwich
Brown Rice
Carrot Coins
Pinto Beans
Watermelon

Spaghetti & Meat Sauce Pasta Chicken Salad
Italian Vegetables
Popeye Salad
Ranch Dressing
Garlic Breadstick

Cheese Pizza BLT Chicken Salad
Garden Salad
Celery & Ranch
Dressing
Fresh Orange

BBQ Chicken on Bun Beef Taco Salad
Baby Carrots
Cheesy Broccoli
Fresh Apple

Beef Pasta Bake Chef Salad w Bread Stick
Romaine Salad
Ranch Dressing
Green Beans
Pineapple

Chicken Chili Peanut Butter & Jelly Sandwich
Homemade Cornbread
Mexi-Corn
Cucumbers & Ranch
Strawberries

Beef Tacos Ranch Chicken Wrap
Spanish Rice
Pinto Beans
Lettuce & Tomatoes
Mandrian Oranges

Cheese Burger with Green Chili Ham & Cheese Sandwich
Garden Salad
French Fries
Honeydew

Pizza Burger Crispy Chicken Salad & Roll
Mixed Vegetables
Ranch Jo Jo's
Grapes ^{FP}

Bean & Cheese Burrito Pasta Chicken Salad
Mexi-Corn
Salsa
Peaches

Spaghetti & Meatballs Chicken Wrap
Popeye Salad
Italian Vegetables
Cantaloupe



September is
National Whole
Grain Month

For questions and comments, please email the Food Service Director at cobre@summitfoodservice.com or call 757-352-1524

A whole grain is a cereal grain that contains the germ, endosperm, and bran, in contrast to refined grains, which retain only the endosperm.

Menu Key: ^{FP} = Fresh Pick

All grains served are whole grain-rich.

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