



SEPTEMBER

2022-2023

K-8 Lunch Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>Ask about our NEW Bearcat Bundles!</p> <ul style="list-style-type: none"> Muffin & Yogurt Bundle Bagel Meal Bundle PB&J Uncrustable Bundle 						1	2	<p>Special News...</p> <p>COVID-19 Tips.....</p>   <p>Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, nation origin, sex, age, or disability. USDA and this establishment is an equal opportunity provider and employer.</p> <p>Menus are subject to change without notice.</p>	
<p>5</p> 		6	7	8	9				
<p>12</p> <p>Chicken Nuggets w/Dinner Roll Egg Salad Sandwich</p> <p>Sweet Potato Fries, Fresh Tomato Wedges, Applesauce, Banana</p>		13 <p>Chili Mac and Cheese Chicken Parmesan Sandwich</p> <p>Kickin' Pinto Beans, Fresh Cucumber Slices, Diced Peaches, Apple Juice</p>	14 <p>Sausage Egg and Cheese on an English Muffin All American Cob Salad w/ Dinner Roll</p> <p>Southwest Seasoned Potatoes, Celery Sticks, Diced Peaches, Apple Slices</p>	15 <p>Peruvian Chicken Bowl Bacon Cheeseburger</p> <p>Seasoned Corn, Fresh Baby Carrots, Mixed Fruit, Fruit Juice</p>	16 <p>Pepperoni Pizza Buffalo Chicken Crunch Wrap</p> <p>French Fries, Steamed Broccoli, Pineapple Tidbits, Raisins</p>				
<p>19</p> <p>Beef and Cheese nachos w/Dinner Roll Ball Park Hot Dog</p> <p>Tater Tots, Fresh Baby Carrots, Mixed Fruit, Whole Orange</p>		20 <p>Beef Ravioli BBQ Pulled Pork Sandwich</p> <p>Seasoned Green Beans, Grape Tomatoes, Diced Peaches, Apple Juice</p>	21 <p>French Toast Sticks w/Bacon Popcorn Chicken Salad w/Dinner Roll</p> <p>French Fries, Green Pepper Strips, Grapes, Apple Slices</p>	22 <p>Chicken and Cheese Enchiladas Cheeseburger</p> <p>Campfire Pinto Beans, Fresh Celery Sticks, Mixed Fruit, Whole Orange</p>	23 <p>Cheese Pizza Turkey & Cheese Sandwich</p> <p>Fresh Zucchini Slices, Potato Salad, Applesauce, Mandarin Oranges</p>				
<p>26</p> <p>Meatloaf w/Gravy Chicken Salad Sandwich</p> <p>Mashed Potatoes, Fresh Baby Carrots, Applesauce, Raisins</p>		27 <p>Penne Alfredo w/Chicken Corn Dog</p> <p>Crinkle Cut Fries, Red Pepper Strips, Diced Peaches, Apple Juice</p>	28 <p>Breakfast Casserole Chicken Caesar Salad w/ Bread Stick</p> <p>Potato Emoticons, Fresh, Cucumber Slices, Diced Peaches, Banana</p>	29 <p>Walking Tacos Grilled Ham and Cheese</p> <p>BBQ Baked Beans, Fresh Cauliflower, Mixed Fruit, Fruit Juice</p>	30 <p>Sausage Pizza Ham Salad Sandwich</p> <p>Steamed Broccoli, Fresh Yellow Squash Slices, Pineapple Tidbits, Apple Slices</p>				

All menus are subject to change

Brand or Equivalent Foods

Five food groups are offered at lunch: protein, grain, vegetable, fruit, and milk. To make a meal, students must select foods from at least 3 different food groups. At least one item must be a ½ cup fruit or ½ cup vegetable. Meals without a fruit or vegetable will be charged a la carte pricing.



Milk offered daily

1% white, skim flavored, lactaid