

Breakfast: \$1.25

September 2018

Lunch: \$2.75

Menu subject to change by Food Service Manager

September vegetable of the month is garlic

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Labor Day No School	No School	<p>BREAKFAST Assorted Whole Grain Donuts</p> <p>LUNCH Fried Chicken Drum Stick, Mashed Potatoes, Seasoned Corn, Sautéed Spinach with Garlic, Fresh Fruit, Diced Peaches</p>	<p>BREAKFAST Assorted Jump Start Breakfast</p> <p>LUNCH Beef Totchos, Shredded Lettuce, Salsa, Sour Cream, Seasoned Summer Squash, Seasoned Green Beans, Apple Juice, Diced Pears</p>	<p>BREAKFAST Bacon and Cheese Muffin</p> <p>LUNCH Cherry Blossom Chicken, Seasoned Rice, Garlic Roasted Broccoli and Carrots, Fresh Fruit, Fruit Choices</p>
10	11	12	13	14
<p>BREAKFAST Jump Start Breakfast</p> <p>LUNCH Beef Pattie with Beef Gravy, Mashed Potatoes, Garlicky Green Beans, Coleslaw, Dinner Roll, Fresh Fruit, Fruit Juice</p>	<p>BREAKFAST Bacon, Egg, and Chip Muffin</p> <p>LUNCH Hot Dog or Chili Dog with Cheese, Pasta Salad, Baked Beans, Pickled Beets, Chocolate Chip Cookies, Fruit Juice</p>	<p>BREAKFAST Muffin Topper Jump Start</p> <p>LUNCH Buffalo Popcorn Chicken, French Fries, Celery Sticks with Low Fat Dip, Seasoned Brussel Sprouts, Fresh Fruit, Fruit Choices</p>	<p>BREAKFAST Sausage and Cheese Muffin</p> <p>LUNCH Dunkers with Marinara Sauce, Fresh Veggie Cups with Dip, Cook's Choice Homemade Soup, Garlic Roasted Spinach, Fruit Choices, Jell-O with Topping</p>	<p>BREAKFAST French Toast Sticks with Syrup</p> <p>LUNCH Grilled Cheese Sandwich, Tomato Soup with Crackers, Baby Carrots with Low Fat Ranch, Pickles, Potato Chips, Fresh Fruit, Fruit Juice</p>
17	18	19	20	21
<p>BREAKFAST Jump Start Breakfast</p> <p>LUNCH Turkey and Gravy, Mashed Potatoes, Cranberry Sauce, Garlic and Dill Green Beans, Buttery Corn Niblets, Fresh Fruit, Fruit Choices</p>	<p>BREAKFAST Assorted Bagels with Cream Cheese</p> <p>LUNCH Personal Pan Pizza, Cook's Choice Homemade Soup, Brussel Sprout Bake, Cucumber and Tomato Salad, Fruit Choices, Oatmeal Raisin Cookies</p>	<p>BREAKFAST Jump Start Breakfast</p> <p>LUNCH Hamburger or Cheeseburger on Roll, Macaroni Salad, Pickle Spears, Baked Beans, Fresh Fruit, Fruit Choices</p>	<p>BREAKFAST Apple Muffin Top Breakfast</p> <p>LUNCH BBQ Ribs on Roll, Mashed Potatoes, Seasoned California Blend Veggies, Cherry Tomato Cups, Fruit Choices, Fruit Juice</p>	<p>BREAKFAST Bacon and Cheese Muffin</p> <p>LUNCH Chicken Nuggets with Dipping Sauce, Zucchini and Potato Bake, Seasoned Cauliflower, Citrusy Mandarin Oranges, Fresh Fruit</p>
24	25	26	27	28
<p>BREAKFAST Jump Start Breakfast</p> <p>LUNCH Deli Sub Day (Ham, Turkey, or Tuna), Sliced Cheese, Leafy Lettuce, Sliced Tomatoes, Homemade Turkey and Rice Soup, Potato Chips, Pickle Chips, Fresh Fruit, Fruit Choices</p>	<p>BREAKFAST Assorted Whole Grain Donuts</p> <p>LUNCH Homemade Macaroni and Cheese, Stewed Tomatoes, Seasoned Peas and Carrots, Assorted Muffins, Fruit Juice</p>	<p>BREAKFAST Sausage and Cheese Muffin</p> <p>LUNCH Homemade Meatball Hoagie with Mozzarella, Seasoned Baby Carrots, Buttery Noodles, No Bake Cookie, Fresh Fruit</p>	<p>BREAKFAST Assorted Bagels with Cream Cheese</p> <p>LUNCH Beef Burritos with a Dollop, Seasoned Rice, Sour Cream, Tossed Salad with Dressing, Fruit Choices, Fresh Banana</p>	<p>BREAKFAST Ham, Egg, and Cheese Muffin</p> <p>LUNCH South Lewis Spaghetti with Meat Sauce, Mixed Green Salad, Garlic Dinner Rolls, Seasoned Green Beans, Peach Cobbler with Topping, Fresh Fruit</p>

DAILY LUNCH CHOICES: MIDDLE/HIGH SCHOOL

Small Cafeteria: Pizza or Deli Sandwich (Ham, Turkey, Tuna, PBJ)
On Your Choice of Breads, Rolls and Sliced Cheese, With Soup

Large Cafeteria: Salad or Yogurt Platter
Other Items May Be Purchased Separately.

DAILY LUNCH CHOICES: ELEMENTARY SCHOOLS

Choice 1 - Daily Menu Choice
Choice 2 - PBJ Meal
Choice 3 - Tuna Sandwich Meal
Choice 4 - Yogurt Meal

Pizza or Deli Sandwich (Ham, Turkey, Tuna, PBJ)
On Your Choice of Breads, Rolls and Sliced Cheese, With Soup

Breakfast: \$1.25

October 2018

Lunch: \$2.75

Menu subject to change by Food Service Manager

October vegetable of the month is Tomato

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p>BREAKFAST Jump Start Breakfast</p> <p>LUNCH Chicken Pattie on Whole Wheat Roll, Cucumber and Tomato Salad, Potato Chips, Fresh Fruit, Fruit Choices</p>	<p>BREAKFAST Bacon, Egg, and Cheese Muffin</p> <p>LUNCH Hamburger in Gravy Over Mashed Potatoes, Dinner Roll, Seasoned Brussel Sprouts, Buttery Corn Niblets, Fruit Juice, Fruit Choices</p>	<p>BREAKFAST Assorted Bagels with Cream Cheese</p> <p>LUNCH Homemade Macaroni and Cheese, Stewed Tomatoes, Assorted Muffins, Seasoned Peas and Carrots, Fresh Fruit, Warm Cinnamon Applesauce</p>	<p>BREAKFAST Assorted Whole Grain Donuts</p> <p>LUNCH Grilled Ham and Cheese Sandwich, Tomato and Macaroni Soup, Baby Carrots with Low Fat Dip, Pickled Beets, Fruited Jell-O Squares with Topping</p>	<p>BREAKFAST Jump Start Breakfast</p> <p>LUNCH Lucky Plate Day, Fresh Fruit, Fruit Choices</p>
8	9	10	11	12
No School Columbus Day	<p>BREAKFAST Breakfast Break</p> <p>LUNCH Loaded Fries or Hot Dog on Whole Wheat Roll, Crumbled Bacon, Cheese Sauce, Sour Cream, Steamed Broccoli, Fresh Veggie Cups, Fruit Juice, Fruit Choices</p>	<p>BREAKFAST Assorted Bagels with Cream Cheese</p> <p>LUNCH Turkey and Gravy, Seasoned Green Beans, Seasoned Butter-nut Squash, Cranberry Sauce, Pumpkin Cream Cheese Cookies, Fruit Choices</p>	<p>BREAKFAST Breakfast Break</p> <p>LUNCH Cherry Blossom Chicken with Egg Roll, Seasoned Rice, Seasoned Corn, Garlicky Spinach, Fruit Juice, Fruit Choices</p>	<p>BREAKFAST Sausage, Egg, and Cheese Muffin</p> <p>LUNCH Dunkers with Dipping Sauce, Homemade Tomato Soup with Crackers, Fresh Spinach and Strawberry Salad, Seasoned Beets, Fresh Fruit, Fruit Choices</p>
15	16	17	18	19
<p>BREAKFAST Breakfast Break</p> <p>LUNCH Sloppy Joes on Whole Wheat Roll, Tator Tots, Seasoned Peas and Carrots, Fresh Fruit, Fruit Choices</p>	<p>BREAKFAST French Toast Sticks</p> <p>LUNCH Deli Sub Day (Ham, Turkey, or Tuna), Shredded Lettuce, Sliced Tomatoes, Sliced Cheese, Hot Pepper Relish, Potato Chips, Fruit Juice, Fruit Choices</p>	<p>BREAKFAST Breakfast Break</p> <p>LUNCH Soft Tacos, Shredded Lettuce, Diced Tomatoes, Salsa, Shredded Cheese, Sour Cream, Seasoned Corn, Seasoned Rice, Fresh Fruit, Fruit Choices</p>	<p>BREAKFAST Tornado</p> <p>LUNCH Chicken Tenders with Dipping Sauce, Seasoned Potato Wedges, Seasoned Cauliflower and Broccoli, Fruit Juice, Fruit Choices</p>	<p>BREAKFAST Breakfast Break</p> <p>LUNCH French Toast Sticks with Syrup, Sausage Links, Hash Browns, Stewed Tomatoes, Seasoned Carrots, Blueberry Coffee Cake, Fruit Choices</p>
22	23	24	25	26
<p>BREAKFAST Breakfast Break</p> <p>LUNCH South Lewis Pizza, Fresh Romaine Salad with Fresh Veggies, Herb Roasted Chick-peas, Fresh Fruit, Fruit Choices</p>	<p>BREAKFAST Sausage and Cheese Muffin</p> <p>LUNCH BBQ Rib on Whole Wheat Roll, Mashed Potatoes, Seasoned Green Beans, Seasoned Peas, Fruit Juice, Fruit Choices</p>	<p>BREAKFAST Breakfast Break</p> <p>LUNCH Crispy Chicken and Ranch Wrap, Homemade Cream of Broccoli Soup, Fresh Veggie Cups, Fresh Fruit, Fruit Choices</p>	<p>BREAKFAST Bacon, Egg, and Cheese Muffin</p> <p>LUNCH Baked Ziti and Meatballs with Homemade Sauce, Cheesy Bread, Fresh Spring Mix Salad with Fresh Veggies, Fruit Juice, Fruit Choices</p>	<p>BREAKFAST Breakfast Break</p> <p>LUNCH Grilled Cheese Sandwich, Tomato Soup with Crackers, Pickled Beets, Potato Chips, Pickle Spear, Chocolate Chip Cookie, Fruit Choices</p>
29	30	31		
<p>BREAKFAST Jump Start Breakfast</p> <p>LUNCH Hamburger or Cheeseburger on Whole Wheat Roll, Tator Tots, Fresh Veggie Cups with Hummus, Pickle Spear, Fresh Fruit, Fruit Choices</p>	<p>BREAKFAST Bacon and Cheese Muffins</p> <p>LUNCH Fried Chicken Drum Sticks, Mashed Potatoes, Buttery Corn, Tomato Salad, Rice Crispy Treats, Fruit Juice</p>	<p>BREAKFAST Jump Start Breakfast</p> <p>LUNCH Hot Dog or Chili Dog with Cheddar Cheese on Whole Wheat Roll, Seasoned Wedges, Coleslaw, Seasoned Carrots, Fresh Fruit, Fruit Choices</p>		

DAILY ENTREES: MIDDLE/HIGH SCHOOL

Large & Small Caf —Choice 1—Daily Menu Choice
Salad Plate
Yogurt Parfait
Large & Small Caf —Monday, Wednesday, and Friday—Subs
Large & Small Caf —Tuesday and Thursday—Pizza
Large & Small Caf —Hot Choice Offered

DAILY ENTREES: ELEMENTARY SCHOOLS

Monday, Tuesday, Thursday, and Friday
Choice 1— Daily Menu Choice
Choice 2— PBJ
Choice 3—Tuna Sandwich
Choice 4—Yogurt Meal
Wednesday—No Sandwiches