

# South Range K-6th Hybrid Schedule Lunch Menu-September

MENUS SUBJECT TO CHANGE

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EQUAL OPPORTUNITY  
PROVIDER

## What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread,  
and Choice of Milk

\*Students must choose at least one fruit or vegetable



## Fresh Fruits and Vegetables Offered Daily

\*Vegetables include:

Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber

\*May choose two 1/2 cup servings

\*Fruits include:

Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce  
\*May choose 1/2 cup serving



## Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,  
Fat Free White and  
Low Fat White

**Lunch Prices:**  
Paid \$2.85 (K-4)

\$2.95 (5-6)

Reduced \$.40

Pizza Hut: \$3.15

\*\*8oz. Bottled water is extra \$0.60.. Cups will be available at the cash register for water from the

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sept.7  Labor Day No School	8 <b>Extra Treat Tuesday!</b> Pasta & Meatballs w/ Bread Slice Seasoned Peas Tropical Fruit Choice of Milk	9  Pizza Hut Pizza (Cheese or Pepperoni) Garden Salad Apple Slices Choice of Milk	10  Pizza Hut Pizza (Cheese or Pepperoni) Garden Salad Apple Slices Choice of Milk	11  French Toast Sticks w/Sausage Patty Tater Tots Strawberries Choice of Milk	
14  Popcorn Chicken w/Rice Steamed Broccoli Applesauce Choice of Milk	15 <b>Extra Treat Tuesday!</b> Popcorn Chicken w/Rice Steamed Broccoli Applesauce Choice of Milk	16  Italian Meatball Hoagie Crispy Potato Wedges Diced Peaches Choice of Milk	17  Italian Meatball Hoagie Crispy Potato Wedges Diced Peaches Choice of Milk	18 <b>Raider Day!</b> Macaroni & Cheese w/ Bread Slice Seasoned Green Beans Berry Cup Choice of Milk	
21  Mini Corn Dog Nuggets Crinkle Cut Fries Diced Peaches Choice of Milk	22 <b>Extra Treat Tuesday!</b> Mini Corn Dog Nuggets Crinkle Cut Fries Diced Peaches Choice of Milk	23  Pizza Hut Pizza (Cheese or Pepperoni) Garden Salad Diced Pears Choice of Milk	24  Pizza Hut Pizza (Cheese or Pepperoni) Garden Salad Diced Pears Choice of Milk	25  Cheeseburger on a Bun Sweet Potato Fries Mandarin Oranges Choice of Milk	
28  Hot Dog on a Bun Tater Tots Blueberries Choice of Milk	29 <b>Extra Treat Tuesday!</b> Hot Dog on a Bun Tater Tots Blueberries Choice of Milk	30  Grilled Cheese Sandwich Golden Corn Fresh Banana Choice of Milk	October 1 Grilled Cheese Sandwich Golden Corn Fresh Banana Choice of Milk	2  French Toast Sticks w/Sausage Patty Tater Tots Strawberries Choice of Milk	
<b>SECOND OPTION:</b> Monday PB&J Sandwich	<b>SECOND OPTION:</b> Tuesday Ham & Cheese Sandwich	<b>SECOND OPTION:</b> Wednesday PB&J Sandwich	<b>SECOND OPTION:</b> Thursday Turkey & Cheese Sandwich	<b>SECOND OPTION:</b> Friday PB&J Sandwich	