

South Range Elementary Lunch Menu-December 2022

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: 1%
white milk & nonfat chocolate

Lunch Prices:



\$2.85 Grades K-4

\$0.40 Reduced

\$3.25 Pizza Hut

\$0.60 Milk A la carte

Students may request a cup at the register to get water for free at the drinking fountain.
16oz. Bottled water \$1.00
8oz. Bottled water \$0.60

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Pizza Hut Pizza Garden Salad Grapes Choice of Milk 	2 Chicken & Waffle Tater Tots Diced Peaches Choice of Milk *Extra Treat
5 Lasagna Roll Up Broccoli Diced Peaches Choice of Milk	6 Ham, Egg, & Cheese Breakfast Sandwich Smiley Fries Mandarin Oranges Choice of Milk	7 Chicken Soft Taco Black Beans Yellow Banana Choice of Milk	8 Pierogies w/Breadstick Steamed Corn Cinnamon Applesauce Choice of Milk	9 Hot Dog on a Bun Carrots & Celery Sticks Strawberries Choice of Milk *Extra Treat
12 National Hot Cocoa Day! Grilled Cheese & Tomato Soup Broccoli Sliced Oranges Choice of Milk *Hot cocoa w/lunch*	13 Hard Shell Beef & Cheese Taco Refried Beans Applesauce Choice of Milk	14 Popcorn Chicken w/ Bread Slice Mashed Potatoes & Gravy Diced Pears Choice of Milk Wellness Wednesday *Spinach Pasta Salad*	15 Pizza Hut Pizza Baby Carrots Diced Pineapple Choice of Milk 	16 Grinchmas Party! Grinch Toast Who Hash browns Green Grapes Choice of Milk *Extra Treat
19 Macaroni & Cheese w/ Roll Spinach Salad Berries Choice of Milk	20 Cheeseburger Seasoned Corn Blueberries Choice of Milk	21 Chicken Fried Rice Steamed Peas Tropical Fruit Choice of Milk	22 Chicken Nuggets w/ Dinner Roll Baby Carrots Fresh Apple Choice of Milk	23 No School
26 No School	27 No School	28 No School	29 No School	30 No School
SECOND OPTION: Chicken Nuggets	SECOND OPTION: Mini Corn Dog Nuggets	SECOND OPTION: Fiestada	SECOND OPTION: Cheesy Breadsticks	SECOND OPTION: Mini Pancake Sausage Bites