

# South Range Elementary Lunch Menu-January 2023

MENUS SUBJECT TO CHANGE

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EQUAL OPPORTUNITY  
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## 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
2 <b>No School</b>	3 <b>Breaded Chicken Sandwich</b> Ranch Chick Peas Apple Slices Choice of Milk	4 <b>National Spaghetti Day!</b> <b>Spaghetti w/Meatballs &amp; Breadstick</b> Garden Salad Banana Choice of Milk	5 <b>Pizza Hut Pizza</b> Baby Carrots Diced Pears Choice of Milk 	6 <b>Chicken &amp; Waffle</b> Tater Tots Berries Choice of Milk <b>*Extra Treat</b>	
9 <b>Lasagna Roll Up</b> Tomato Cucumber Salad Orange Slices Choice of Milk	10 <b>Hard Shell Beef &amp; Cheese Tacos</b> Refried Beans Applesauce Choice of Milk	11 <b>Ham &amp; Cheese on Pretzel Bun</b> Smiley Fries Mixed Fruit Choice of Milk	12 <b>Chicken Parm Sandwich</b> Roasted Carrots Banana Choice of Milk	13 <b>Circus Day!</b> <b>Giant Soft Pretzel w/ Cheese</b> Broccoli Tropical Fruit Choice of Milk <b>*Extra Treat</b> 	
16 <b>MLK Day</b> <b>No School</b>	17 <b>Taco Salad w/Tortilla Chips</b> Black Beans Yellow Peaches Choice of Milk	18 <b>Cheeseburger</b> Steamed Corn Berries Choice of Milk	19 <b>Pizza Hut Pizza</b> Garden Salad Diced Pears Choice of Milk 	20 <b>Popcorn Chicken w/ Bread Slice</b> Mashed Potatoes & Gravy Mixed Fruit Choice of Milk <b>*Extra Treat</b>	
23 <b>French Toast Sticks w/ Sausage</b> Tater Tots Diced Pineapple Choice of Milk	24 <b>Soft Chicken &amp; Cheese Taco</b> Refried Beans Mandarin Oranges Choice of Milk	25 <b>Chicken Strips w/ Breadstick</b> Baby Carrots & Celery Pineapple Choice of Milk	26 <b>Macaroni &amp; Cheese w/ Bread Slice</b> Broccoli Grapes Choice of Milk	27 <b>Italian Dunkers w/ Marinara Sauce</b> Green Beans Applesauce Choice of Milk <b>*Extra Treat</b>	
30 <b>Turkey over Biscuit w/ Stuffing</b> Mashed Potatoes & Gravy Diced Pears Choice of Milk	31 <b>Popcorn Chicken w/Rice</b> Steamed Corn Banana Choice of Milk				
<b>SECOND OPTION:</b> Chicken Nuggets	<b>SECOND OPTION:</b> Mini Corn Dog Nuggets	<b>SECOND OPTION:</b> Fiestada	<b>SECOND OPTION:</b> Cheesy Breadsticks	<b>SECOND OPTION:</b> Mini Pancake Sausage Bites	