

South Range Elementary Lunch Menu-October 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
3	Chicken Nuggets w/ Breadstick Baby Carrots Mixed Fruit Choice of Milk	4 Hard Shell Beef & Cheese Taco Refried Beans Applesauce Cup Choice of Milk	5 Pancakes & Sausage Tater Tots Yellow Banana Choice of Milk	6 Pizza Hut Pizza Kale Caesar Salad Apple Slices Choice of Milk 	7 Mini Cheeseburgers Seasoned Green Beans Strawberries Choice of Milk *Extra treat w/lunch
10	Buttered Pierogies w/ Roll Seasoned Peas Blueberries Choice of Milk	11 Popcorn Chicken w/Bread Slice Mashed Potatoes & Gravy Fresh Apple Choice of Milk	12 Fiestada Pizza Cheesy Refried Beans Mandarin Oranges Choice of Milk	13 Pasta & Meatballs w/ Breadstick Garden Salad Grapes Choice of Milk	14 No School
17	Breaded Chicken Sandwich Baked Beans Diced Pineapple Choice of Milk	18 Beef & Cheese Nachos Tomato Salsa Fresh Apple Choice of Milk	19 Chicken & Rice (Sauce Optional) Steamed Broccoli Cinnamon Applesauce Choice of Milk Wellness Wednesday! Broccoli Salad	20 Pizza Hut Pizza Baby Carrots Strawberries Choice of Milk 	21 Cheeseburger Smiley Fries Diced Pears Choice of Milk *Extra treat w/lunch
24	Grilled Cheese & Tomato Soup Green Beans Apple Slices Choice of Milk	25 Chicken & Cheese Quesadilla Black Beans Mandarin Oranges Choice of Milk	26 Popcorn Chicken w/ Breadstick Sweet Potato Fries Fresh Banana Choice of Milk	27 Creamy Macaroni & Cheese w/Biscuit Broccoli Sliced Peaches Choice of Milk	28 French Toast Sticks w/Sausage Tater Tots Diced Pineapple Choice of Milk *Extra treat w/lunch
31	Halloween! Pasta & Mummy Meatballs Vampire's Garlic Breadstick Spooky Spinach Salad Monster Mandarin Oranges Choice of Milk				
	SECOND OPTION: Hot Dog on a Bun	SECOND OPTION: Cheesy Breadsticks	SECOND OPTION: Nut Free PB&J Sandwich	SECOND OPTION: Mini Corn Dog Nuggets	SECOND OPTION: Chicken Nuggets w/Bread