

# South Range Elementary Lunch Menu-August/September 2019

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MENUS SUBJECT TO CHANGE

THIS INSTITUTION IS AN  
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

Reduced \$.40  
Pizza Hut: \$3.00

\*\*8oz. Bottled  
water is extra  
\$0.60.. Cups will

be available at the cash register for  
water from the fountain at no charge.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>August 19</b> <b>Extra Cheesy Cheeseburger</b> Seasoned Green Beans Diced Peaches Choice of Milk	<b>20</b> <b>Beef &amp; Cheese Crunchy Nachos</b> Cheesy Refried Beans Sliced Pears Choice of Milk	<b>21</b> <b>Popcorn Chicken w/ Steamed Rice</b> Sliced Carrots Tropical Fruit Choice of Milk	<b>22</b> <b>Italian Meatball Hoagie</b> Seasoned Broccoli Fresh Apple Choice of Milk	<b>23</b> <b>Hot Dog on a Bun</b> Seasoned Fries Mixed Berry Cup Choice of Milk
<b>September 2</b> <b>Labor Day No School</b>	<b>3</b> <b>Hard Shell Beef &amp; Cheese Tacos w/Rice</b> Seasoned Black Beans Cinnamon Applesauce Choice of Milk	<b>4</b> <b>Crispy Chicken Tenders w/Breadstick</b> Emoji Fries Fresh Banana Choice of Milk	<b>5</b> <b>Pizza Hut Day!</b> <b>Cheese or Pepperoni Pizza</b> Garden Salad Blueberries Choice of Milk	<b>6</b> <b>Grilled Cheese &amp; Tomato Soup</b> Seasoned Corn Strawberries Choice of Milk
<b>9</b> <b>Crispy Chicken &amp; Waffle</b> Sweet Potato Bites Sliced Apples Choice of Milk	<b>10</b> <b>Chicken &amp; Cheese Soft Taco</b> Cheesy Refried Beans Berry Cup Choice of Milk	<b>11</b> <b>Sausage, Egg, &amp; Cheese Breakfast Sandwich</b> Tater Tots Sliced Peaches Choice of Milk	<b>12</b> <b>Creamy Macaroni &amp; Cheese w/Dinner Roll</b> Steamed Broccoli Diced Pears Choice of Milk	<b>13</b> <b>Hot Dog on a Bun</b> Seasoned Green Beans Fresh Banana Choice of Milk
<b>16</b> <b>Hot Ham &amp; Cheese Sandwich</b> Roasted Ranch Chick Peas Blueberries Choice of Milk	<b>17 Kindergarten Lunch For Life!</b> <b>Fiestada Mexican Pizza</b> Seasoned Black Beans Strawberries Choice of Milk	<b>18 Kindergarten Lunch For Life!</b> <b>French Toast Sticks w/ Sausage Patty</b> Sweet Potato Fries Orange Slices Choice of Milk <b>*WW-Broccoli Salad</b>	<b>19 Kindergarten Lunch For Life!</b> <b>Pizza Hut Day! Cheese or Pepperoni Pizza</b> Garden Salad Applesauce Choice of Milk	<b>20</b> <b>Popcorn Chicken w/ Sliced Bread</b> Mashed Potatoes & Gravy Purple Grapes Choice of Milk
<b>23</b> <b>Fluffy Pancakes &amp; Sausage Patty</b> Tater Tots Pineapple Tidbits Choice of Milk	<b>24</b> <b>Walking Taco w/Nacho Doritos</b> Cheesy Refried Beans Orange Slices Choice of Milk	<b>25</b> <b>Farm to Fork</b> <b>Chicken Nuggets w/ Breadstick</b> Cheesy Broccoli Fresh Local Apple Choice of Milk	<b>26</b> <b>Rotini &amp; Meat Sauce w/ Sliced Bread</b> Seasoned Carrots Fresh Banana Choice of Milk	<b>27</b> <b>Pokémon Day!</b> <b>Pokeball Pizzas</b> Toge-peas! Peach-achus! Choice of Milk Jigglypuff's Jell-O
<b>SECOND OPTION:</b> <b>Monday</b> Square Cheese Pizza	<b>SECOND OPTION:</b> <b>Tuesday</b> Chicken Patty on Bun	<b>SECOND OPTION:</b> <b>Wednesday</b> Mini Corn Dog Nuggets	<b>SECOND OPTION:</b> <b>Thursday</b> Popcorn Chicken Salad	<b>SECOND OPTION:</b> <b>Friday</b> Cheeseburger