

South Range Elementary Lunch Menu-February 2019

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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

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

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

**Lunch Prices:
Paid \$2.75
Reduced \$.40**

**Bottled Water is extra.. Cups will be available at the cash register for water from the fountain at no charge.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1 Square Cheese Pizza Emoji Fries Fresh Banana Choice of Milk
4	Giant Soft Pretzel w/ Cheese Steamed Broccoli Applesauce Cup Choice of Milk	5 Chicken & Cheese Nachos Seasoned Black Beans Apple Slices Choice of Milk	6 Egg & Cheese Breakfast Sandwich on an English Muffin Tater Tots Sliced Pears Choice of Milk	7 Extra Treat Thursday! Creamy Macaroni & Cheese w/Roll Seasoned Peas Fresh Banana Choice of Milk	8 Square Cheese Pizza Steamed Carrots Cinnamon Apples Choice of Milk
11	Cheese Filled Breadsticks w/Marinara Sauce Seasoned Carrots Blueberry Cup Choice of Milk	12 Crunchy Beef & Cheese Taco Cheesy Refried Beans Tropical Fruit Salad Choice of Milk	13 Zoo Day! Zoo Crew Chicken Nuggets Tiger Tater Tots Penguin Peaches Choice of Milk Banana Spilt Dessert! 	14 Pizza Hut Day! Pizza Hut Pizza (Cheese or Pepperoni) Garden Salad Cinnamon Applesauce Choice of Milk *Valentine Rice Krispy Treat 	15 No School
18	President's Day No School	19 Walking Taco w/Cool Nacho Doritos Seasoned Black Beans Pineapple Tidbits Choice of Milk	20 Grilled Cheese Sandwich w/Tomato Soup Seasoned Green Beans Fresh Banana Choice of Milk 	21 Extra Treat Thursday! Rotini & Meat Sauce w/ Garlic Breadstick Seasoned Broccoli Diced Pears Choice of Milk	22 Square Cheese Pizza Sweet Potato Fries Tropical Fruit Mix Choice of Milk
25	Popcorn Chicken w/Rice & Seasoned Breadstick Seasoned Carrots Strawberry Cup Choice of Milk	26 Soft Shell Chicken & Cheese Taco Cheesy Refried Beans Peach Cup Choice of Milk	27 French Toast Sticks w/ Sausage Patty Hash Brown Potato Mandarin Oranges Choice of Milk	28 Pizza Hut Day! Pizza Hut Pizza (Cheese or Pepperoni) Garden Salad Diced Pears Choice of Milk	 Whole Grains Available Daily
	SECOND OPTION: Monday Mini Corn Dog Nuggets	SECOND OPTION: Tuesday Fiestada Pizza	SECOND OPTION: Wednesday Cheese Filled Breadsticks	SECOND OPTION: Thursday Chicken Nuggets w/Bread	SECOND OPTION: Friday Cheeseburger