

South Range K-6th Lunch Menu-November 2020

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

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

Lunch Prices:
Paid Elem \$2.85
5/6th-\$2.95
Reduced \$.40
Pizza Hut: \$3.15

**8oz. Bottled water is extra \$0.60.. Cups will be available at the cash register for water from the

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Popcorn Chicken w/ Bread Slice Mashed Potatoes & Gravy Sliced Peaches Choice of Milk	3 Breaded Chicken Sandwich BBQ Baked Beans Diced Pears Choice of Milk	4 Grilled Cheese Sandwich Seasoned Carrots Fresh Apple Choice of Milk	5 Pizza Hut Pizza (Cheese or Pepperoni) Garden Salad Tropical Mixed Fruit Choice of Milk	6 Hot Dog on a Bun Seasoned Green Beans Mixed Berry Cup Choice of Milk
9 Lasagna Rollup w/Bread Seasoned Carrots Diced Pineapple Choice of Milk	10 Chicken & Cheese Quesadilla Cheesy Refried Beans Mandarin Oranges Choice of Milk	11 French Toast Sticks w/ Sausage Patty Crispy Tater Tots Apple Slices Choice of Milk	12 Popcorn Chicken w/Rice Seasoned Broccoli Cinnamon Applesauce Choice of Milk	13 Macaroni & Cheese w/ Bread Seasoned Corn Strawberries Choice of Milk
16 Breaded Chicken Sandwich Seasoned Black Beans Mixed Fruit Choice of Milk	17 Chicken Nuggets w/Bread Slice Seasoned Carrots Green Grapes Choice of Milk	18 Pasta & Meatballs w/ Bread Slice Seasoned Green Beans Diced Peaches Choice of Milk	19 Pizza Hut Pizza (Cheese or Pepperoni) Garden Salad Fresh Banana Choice of Milk	20 Roasted Turkey & Gravy w/ Stuffing Mashed Potatoes & Gravy Steamed Green Beans Cranberry Sauce Choice of Milk
23 Cheeseburger Tater Tots Sliced Pears Choice of Milk	24 Mini Corn Dog Nuggets Seasoned Broccoli Fresh Apple Choice of Milk	25 No School	26 No School	27 No School
30 No School	**All students K-12 allowed a free lunch until 12/31/20 per USDA.			
SECOND OPTION: Monday Peanut Free & Jelly Sandw.	SECOND OPTION: Tuesday Turkey & Cheese Sandw.	SECOND OPTION: Wednesday Peanut Free & Jelly Sandw.	SECOND OPTION: Thursday Ham & Cheese Sandw.	SECOND OPTION: Friday Peanut Free & Jelly Sandw.