

South Range Elementary Lunch Menu-August/September 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 |
|---|--|---|--|--|
| August 22 Breaded Chicken Sandwich Steamed Broccoli Mandarin Oranges Choice of Milk | 23 Beef & Cheese Crunchy Tacos Vegetable Medley Cinnamon Applesauce Choice of Milk | 24 Meatball Sub w/Melted Cheese Roasted Butternut Squash Sliced Strawberries Choice of Milk | 25 Popcorn Chicken w/ a Biscuit Mashed Potatoes & Gravy Sliced Peaches Choice of Milk | 26 Homemade Cheese Pizza Roasted Chick Peas Melon Cubes Choice of Milk |
| September 5 Labor Day No School | 6 Chicken & Cheese Quesadilla Cheesy Refried Beans Diced Pears Choice of Milk | 7 Cheeseburger Crinkle Cut Fries Red Apple Choice of Milk | 8 Pizza Hut Pizza Baby Carrots Pineapple Tidbits Choice of Milk  | 9 Popcorn Chicken Bites Green Peas Fresh Orange Choice of Milk |
| 12 Orange Chicken & Rice Bowl Broccoli Diced Pears Choice of Milk | 13 Beef & Cheese Nachos Cucumber Salad Diced Peaches Choice of Milk | 14 Chicken & Cheese Soft Taco Black Bean & Corn Salsa Apple Crisp Choice of Milk | 15 Pasta & Meatballs w/ Breadstick Green Beans Banana Choice of Milk | 16 Cheeseburger Tater Tots Green Grapes Choice of Milk |
| 19 Breaded Chicken Parm w/Pasta Garden Salad Diced Peaches Choice of Milk | 20 Grilled Cheese Broccoli Fresh Melon Choice of Milk | 21 Cheesy Lasagna Roll Up Green Beans Fresh Orange Choice of Milk | 22 Pizza Hut Pizza Garden Salad Fresh Apple Choice of Milk  | 23 French Toast Sticks w/Sausage Tater Tots Applesauce Choice of Milk |
| 26 Walking Taco w/Doritos Black Beans Tropical Fruit Salad Choice of Milk | 27 Meatball Sub w/Cheese Green Beans Banana Choice of Milk | 28 Chicken Alfredo Pasta w/Roll Broccoli Strawberries Choice of Milk | 28 Mini Cheeseburger Sliders Baked Fries Diced Pears Choice of Milk | 30 Chicken Fried Rice Steamed Carrots Blueberries Choice of Milk |
| SECOND OPTION: Cheeseburger | SECOND OPTION: Chicken Nuggets | SECOND OPTION: Hot Dog on a Bun | SECOND OPTION: Cheesy Pull Apart | SECOND OPTION: Fruit Yogurt Parfait w/ Granola |