

Elementary Lunch Menu

September

2010



Pay for your child's lunch online. It is convenient, simple and secure. Go to www.mylunchmoney.com and sign up today!



EVERY day, EVERY child can select fresh fruit and 1% milk w/ lunch.



We also offer a Chef Salad and Smucker's® Uncrustables® Value Meal EVERY day, which includes crackers, fruit and milk.



Menu is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Assorted Fruits may include: GRAPES, APRICOTS Bananas, Honeydew melon</p>		<p>1 Loaded Nachos Mexican Rice Asst. FRUIT/ Baby Carrots Choice of Milk</p>	<p>2 Spaghetti w/ MARINARA or Meat Sauce Garlic Breadstick Steamed BROCCOLI Asst. FRUIT/ Baby Carrots Choice of Milk</p>	<p>3 Hamburger/Cheeseburger w/ Lettuce and TOMATO Potato Wedges Asst. FRUIT/ Baby Carrots Choice of Milk</p>
<p>6 No school</p>	<p>7 Gianni's Pizza (Cheese or Pepperoni) Steamed GREEN BEANS Asst. FRUIT/ Baby Carrots Choice of Milk</p>	<p>8 Baked Chicken Tenders Mashed Potatoes w/ Gravy Steamed SPINACH Asst. FRUIT/ Baby Carrots Choice of Milk</p>	<p>9 No school</p>	<p>10 Baked Chicken Sandwich w/ Lettuce & TOMATO Corn on the Cob Asst. FRUIT/ Baby Carrots Choice of Milk</p>
<p>13 Gianni's Cheese or Pepperoni Pizza Steamed PEAS Asst. FRUIT/ Baby Carrots Choice of Milk</p>	<p>14 Baked Chicken Nuggets Mashed Potatoes w/ Gravy Steamed GREEN BEANS Asst. FRUIT/ Baby Carrots Choice of Milk</p>	<p>15 Homestyle TURKEY & Cheese Sandwich Animal Crackers Mini Rainbow Juice Bars Asst. FRUIT/ Baby Carrots Choice of Milk</p>	<p>16 Whole Grain Pancakes Cheesy Eggs Sausage Asst. FRUIT/ Baby Carrots Choice of Milk</p>	<p>17 Hamburger/Cheeseburger w/ Lettuce and TOMATO Tater Tots Asst. FRUIT/ Baby Carrots Choice of Milk</p>
<p>20 Gianni's Pizza (Cheese or Pepperoni) Steamed GREEN BEANS Asst. FRUIT/ Baby Carrots Choice of Milk</p>	<p>21 Baked Chicken Sandwich w/ Lettuce & TOMATO Oven Fries Asst. FRUIT/ Baby Carrots Choice of Milk</p>	<p>22 Grilled Cheese Sandwich Animal Crackers Whole FRUIT® Juice Bar Asst. FRUIT/ Baby Carrots Choice of Milk</p>	<p>23 Macaroni and Cheese w/ or w/out Ham Steamed PEAS Whole Wheat Dinner Roll Asst. FRUIT/ Baby Carrots Choice of Milk</p>	<p>24 Berks® Hot Dog Baked Beans Asst. FRUIT/ Baby Carrots Choice of Milk</p>
<p>27 Gianni's Cheese or Pepperoni Pizza Steamed PEAS Asst. FRUIT/ Baby Carrots Choice of Milk</p>	<p>28 Baked Chicken Nuggets Mashed Potatoes w/ Gravy Whole Wheat Dinner Roll Asst. FRUIT/ Baby Carrots Choice of Milk</p>	<p>29 Loaded Nachos Mexican Rice Asst. FRUIT/ Baby Carrots Choice of Milk</p>	<p>30 Spaghetti w/ MARINARA or Meat Sauce Garlic Breadstick Steamed BROCCOLI Asst. FRUIT/ Baby Carrots Choice of Milk</p>	



SCPS Food Services is pleased to provide you with a variety of "Superfoods" offering super health benefits. Look for the on the menu, and in the cafeteria near some of your favorite foods. For more information on Superfoods go to: <http://foodservice.scps.k12.fl.us/> and click on the nutrition tab.