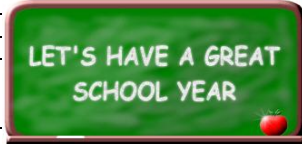




CP August-September Lunch Menu Elementary



Chef Metz is "Cookin' Up"



Monday	Tuesday	Wednesday August 22, 2018	Thursday August 23, 2018	Friday August 24, 2018
		Chicken Patty on a Bun	Pasta with Meat Sauce Garlic Bread Stick	Hot Dog On A Bun
		Walking Taco	BBQ Ribby On A Bun	Stuffed Crust Pizza
		Lettuce Tomato & Cheese	On A Bun	
		Featured Veggies: Refried Beans Rice	Featured Veggies: Steamed Green Beans Romaine Salad	Featured Veggies: Steamed Carrots Grape Tomatoes
		Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk

Monday August 27, 2018	Tuesday August 28, 2018	Wednesday August 29, 2018	Thursday August 30, 2018	Friday August 31, 2018
General Tso With Rice	Pierogies & Kielbasa	Cowboy Burger On A Bun	Chicken & Gravy Over Biscuit	Cheese Pizza
Sloppy Joe On A Bun	Corn Dog	Nacho Supreme With Trimmings	Fish & Cheese On A Bun	Spicy Chicken Patty On A Bun
Featured Veggies: Steamed Broccoli Baby Carrots	Featured Veggies: Baked Beans Sauerkraut	Featured Veggies: Mexicali Corn Celery Sticks	Featured Veggies: Mashed Potatoes Steamed Mixed Veggies	Featured Veggies: Curly Fries Red Pepper Strips
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk

Monday September 3, 2018	Tuesday September 4, 2018	Wednesday September 5, 2018	Thursday September 6, 2018	Friday September 7, 2018
No School LABOR DAY 	Chicken Parmesan On A Bun	Bowl Meal Popcorn Chicken & A Roll	Soft Taco With Rice Lettuce Tomato And Cheese	Fajita Chicken & Cheese on a Sub Bun
	Ham & Cheese On A Pretzel Roll	Ham & Turkey Sub On A Bun	Cheese Burger / Bun Bow Tie Noodles	Fish Nuggets With A Roll
	Featured Veggies: Romaine Salad Steamed Peas	Featured Veggies: Mashed Potatoes/Gravy Steamed Corn	Featured Veggies: Steamed Glazed Carrots Fresh Broccoli	Featured Veggies: French Fries Baby Carrots
	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk

Monday September 10, 2018	Tuesday September 11, 2018	Wednesday September 12, 2018	Thursday September 13, 2018	Friday September 14, 2018
Lasagna Roll Ups With A Garlic Stick	French Toast / Syrup Sausage Patty	Grilled Cheese Sandwich	Meatball Sub	Chicken Alfredo With A Roll
Popcorn Chicken With A Roll	Turkey And Cheese On A Pretzel Roll	Tuna Sandwich On A Bun	Chicken Quesadilla On A Tortilla Shell	Chili Dog On A Bun
Featured Veggies: Butternut Squash Romaine Salad	Featured Veggies: Hash Brown Triangle Green Pepper Strips	Featured Veggies: Tomato Soup Baby Carrots	Featured Veggies: Baked Beans Celery Sticks	Featured Veggies: Steamed Broccoli Grape Tomatoes
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk

Monday September 17, 2018	Tuesday September 18, 2018	Wednesday September 19, 2018	Thursday September 20, 2018	Friday September 21, 2018
Grilled Chicken & Cheese On A Tortilla Shell	Crispy Taco With Rice Lettuce Tomato & Cheese	Hot Dog On A Bun	Hot Turkey Sandwich With Gravy	Ranchero Toasted Sandwich
Hot Ham & Cheese On A Croissant	BBQ Shredded Pork On A Bun	Pancake With Syrup Sausage Links	BBQ Ham Sandwich On A Bun	Chicken Nuggets With A Pretzel Roll
Featured Veggies: Waxed Beans Baby Carrots	Featured Veggies: Refried Beans Romaine Salad	Featured Veggies: Hash Brown Potato Broccoli	Featured Veggies: Mashed Potatoes Steamed Corn	Featured Veggies: Steamed Carrots Pepper Strips
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk

What is a Meal?

You must Choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

Meal or meal alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread

And
Choice of Milk
1% white, Fat Free White, Chocolate, Vanilla or Strawberry

Fruit May include:
Canned Peaches, pineapple applesauce, pears, Fruit Cocktail, mandarin oranges
100% juice (apple, orange)
Fresh Fruit selection including apples, bananas and oranges

Weekly Vegetable Subgroups
May Include:
Dark Green-spinach, broccoli romaine and spring salad
Red/Orange- carrots, sweet potatoes, tomatoes and red peppers
Legumes-beans and peas
Starchy- potatoes, corn, peas and lima beans
Other Vegetables- celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Debbie Helstern
724.253.3255 x 1228

Student Lunch \$2.50
Student reduced price lunch \$.40
Adult lunch \$3.20
Milk \$.65



For your convenience we now offer a way to pay online. Go to "www.payforit.net" to find out more.