



CP September- October Lunch Menu Elementary




Chef Metz is "Cookin' Up"



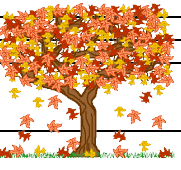
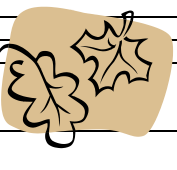
Monday Sept.24,2018	Tuesday Sept.25,2018	Wednesday Sept.26, 2018	Thursday Sept.27,2018	Friday Sept.28,2019
French Toast / Syrup Sausage Patty	Buffalo Chicken Flatbread	Cheese Filled Ravioli With A Garlic Stick	Buffalo Chicken Dip With Chips	Salisbury Steak With Gravy
Chicken Caesar Wrap	Ham Egg And Cheese On A Bagel	Cold Cut Hoagie	Corn Dog On A Stick	Turkey And Cheese On A Croissant
Featured Veggies: Hash Brown Potato Carrot Sticks	Featured Veggies: Oven Brown Sweet Potatoes Garden Salad	Featured Veggies: Steamed Peas Celery Sticks	Featured Veggies: Glazed Carrots Cucumber Slices	Featured Veggies: Mashed Potatoes Steamed Corn
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 Oct.1,2018	Tuesday Oct.2,2018	Wednesday Oct.3,2018	Thursday Oct.4,2018	Friday Oct.5,2018
Bacon Cheeseburger on a bun	Italian Sausage With Peppers & Onions	Chicken Patty on a Bun	Pasta with Meat Sauce Garlic Bread Stick	Hot Dog On A Bun
Chicken Nuggets With A Roll	Fiesta Pizza	Walking Taco Lettuce Tomato & Cheese	BBQ Ribby On A Bun	Stuffed Crust Pizza
Featured Veggies: French Fries Pepper Strips	Featured Veggies: Steamed Corn Cucumber Slices	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	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk

Monday Oct.8,2018	Tuesday Oct.9, 2018	Wednesday Oct.10,2018	Thursday Oct.11,2018	Friday Oct.12,2018
No School <i>On Columbus Day, lead straight for a great time!</i>	Pierogies & Kielbasa	Cowboy Burger On A Bun	Chicken & Gravy Over Biscuit	Cheese Pizza
	Corn Dog	Nacho Supreme With Trimmings	Fish & Cheese On A Bun	Spicy Chicken Patty On A Bun
	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

Monday Oct.15,2018	Tuesday Oct.16,2018	Wednesday Oct.17,2018	Thursday Oct.18,2018	Friday Oct.19,2018
Philly Cheese & Steak On A Bun	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
BBQ Chicken On A 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: Sweet Potatoes Cucumber Slices	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	Choice of Fruit Choice of Milk

Monday Oct.22,2018	Tuesday Oct.23,2018	Wednesday Oct.24,2018	Thursday Oct.25,2018	Friday Oct.26,2018
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	Tuesday	Wednesday	Thursday	Friday
				

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
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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.