




September 2016 K-8 LunchSmart Menu

Monday	Tuesday	Wednesday	Thursday	Friday
What's 4 Lunch? Wholesome meals are an important part of the educational process because studies have shown that well-nourished students do better in school. That's why we serve the good stuff such as a variety of fruits and veggies, lean meats, whole grains, and milk with no artificial growth hormones or antibiotics. We also offer multiple entrées daily for your dining satisfaction. Enjoy!			September 1 Build-Your-Own Crunchy Beef Tacos* with Salsa Baby Carrots Fruit	September 2 Toasted Cheese Sandwich* California Blend Veggies Pears Cheddar Goldfish Crackers*
Spotlight Fruit of the Week: Bananas + Other Fruits as Shown on Menu				
September 5 	September 6 Beef Sloppy Joe on a Bun* Baby Carrots Fruit	September 7 Mini Corn Dogs Corn Fruit	September 8 BBQ Turkey Burger on a Bun* Scalloped Potatoes Fruit	September 9 Handcrafted Mac & Cheese* Green Peas Pears Honey Wheat Dinner Roll*
Spotlight Fruit of the Week: Fresh Pears + Other Fruits as Shown on Menu				
September 12 Chicken Soft Tacos* with Garnish Cup Black Beans California Blend Veggies Fruit	September 13 Chicken Nuggets Breadstick Corn Fruit	September 14 Greek-Style Chicken Brown Rice* Green Beans Fruit Cookie*	September 15 Rotini with Meatballs & Marinara Broccoli Fruit	September 16 French Toast Sticks* with Syrup & Turkey Sausage Baby Carrots Pears
Spotlight Fruit of the Week: Grapes + Other Fruits as Shown on Menu				
September 19 Chicken Tenders* with BBQ Dipping Sauce Broccoli Fruit Breadstick* Animal Crackers*	September 20 Beef Fajitas with Tortillas*, Flame-Roasted Pepper & Onion & Salsa Baby Carrots Fruit	September 21 BBQ Chicken Sandwich on a Bun* Kettle-Baked Beans Fruit	September 22 Turkey Ham & Cheese Melt* Oven-Baked Spiral-Cut French Fries Fruit	September 23 Lasagna Roll-Up* Capri Blend Veggies Pears Garlic Bread*
Spotlight Fruit of the Week: Bananas + Other Fruits as Shown on Menu				
September 26 Bosco Stick* with Marinara Dipping Sauce Green Beans Fruit	September 27 Beef & Cheese Nachos* Black Beans California Blend Veggies Fruit	September 28 Oven-"Fried" Chicken Drumstick* & Garlic Bread* Corn / Potato Salad Fruit	September 29 Chicken Sandwich Broccoli Florets Fruit	September 30 Galaxy Pizza Carrots Pears
Spotlight Fruit of the Week: Fresh Pears + Other Fruits as Shown on Menu				

Salad and Fresh Fruit Available Each Day

Breakfast Offered Daily

- Monday – Mini French Toast, Cereal, Milk, Yogurt, Fruit, Juice
- Tuesday – Egg/Cheese Omelet, Cereal, Yogurt, Milk, Juice, Fruit
- Wednesday – Banana or Blue Berry Muffins, Cereal, Milk, Yogurt, Fruit, Juice
- Thursday – Bagels w/ Cream Cheese, Milk, Cereal, Yogurt, Fruit, Juice
- Friday – Cereal, Yogurt, Fruit, Juice, Milk
- SPECIAL BREAKFAST ITEM ON SEPT. 30**
- WHOLE-GRAIN MINI CHOCOLATE DONUTS**

*=Item contains whole grains / ^=Item contains pork

L=Locally sourced / H= Antibiotic and hormone-free / S=Sustainable source

Milk served with lunch contains no artificial growth hormones or antibiotics

Menu is subject to change based on availability and quality of food items

Around the World in a Lunch Period - USA

Welcome to the 2016-2017 Culinary Explorations tour! Our first stop is our home base, the United States of America (USA). The USA was established on July 4, 1776 when the Declaration of Independence was issued. The USA has grown to be one of the most populous nations on Earth. Did you know . . .

- The capital of the United States is Washington, D.C.?
- There are two houses of Congress: the Senate and the House of Representatives?
- America's favorite ethnic cuisines include Chinese, Mexican, Italian, and Japanese?
- American cuisine varies by geographic region?

On September 28, celebrate America with "fried" chicken, potato salad
Yummy!

