

# September 2019

## ST. ELIZABETH R-4

### LUNCH



**CHOCOLATE AND WHITE MILK SERVED DAILY.** Choice of salad bar is available for grades 3-12. Menus are subject to change.



**Nutrition Tip:** With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

NO SCHOOL TODAY 2

FISH STICKS  
MACARONI AND CHEESE 3  
SALAD  
PEARS

SPAGHETTI  
CORN  
FRESH FRUIT  
BREAD STICKS 4

CHICKEN POT PIE 5  
CARROT STICKS  
APPLESAUCE  
PUDDING

CHEF SALAD 6  
HOT ROLLS  
PEACHES  
FRUIT SLUSHY

PIZZA 9  
SALAD  
PEACHES  
PUDDING

CHICKEN FAHITAS 10  
MEXICAN RICE  
PEACHES  
REFRIED BEANS

CHICKEN PATTY 11  
OVEN FRIES  
CARROT STICKS  
FRUIT SALAD

CORN DOGS 12  
BAKED BEANS  
PINEAPPLES  
FRESH VEGETABLES

HAM AND CHEESE 13  
SANDWICH  
SUN CHIPS  
FRUIT  
BROCCOLI

CHICKEN ALFREDO 16  
GREEN BEANS  
PEACHES  
CARROT STICKS

COUNTRY FRIED 17  
STEAK  
MASHED POTATOES  
GRAPES  
SALAD

TACOS 18  
CORN  
STRAWBERRIES  
BROCCOLI

HAMBURGER ON BUN 19  
OVEN FRIES  
APPLES  
GRAHAM CRACKERS

CHEESEBURGER MACARONI 20  
CARROTS  
FRESH FRUIT  
PUDDING

SAUSAGE GRAVY 23  
BISCUITS  
ORANGES  
HASHBROWNS

NACHOS AND DIP 24  
CORN  
PINEAPPLE  
RICE KRISPY TREATS

CHICKEN STIR FRY 25  
RICE  
GREEN BEANS  
APPLESAUCE  
CRANBERRIES

PIZZA 26  
SALAD  
PEACHES  
PUDDING

DELI SUB 27  
BAKED BEANS  
CARROT STICKS  
PEARS

SAUSAGE PATTY 30  
PANCAKES  
HASHBROWNS  
PEACHES

