

September 2019 Saint Clair Area Elementary / Middle School

LUNCH



School Information: The more that you read. The more things you will know. The more that you learn. The more places you'll go. Dr. Seuss



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

HAPPY LABOR DAY
SCHOOL CLOSED 2

(Menu subject to change without notice)

CHICKEN IN GRAVY
BROWN RICE 9
WG ROLL, BROCCOLI
CHOICE OF FRUIT

ALT: HOTDOG WG ROLL

CHICKEN FINGER
WRAP, LETT, TOMATO 16
STEAMED CORN
CHOICE OF FRUIT

ALT: GR. CHEESE SANDWICH

CHICKEN PARMESAN
PASTA SHELLS 23
GREEN BEANS
CHOICE OF FRUIT

ALT: COLD MEAT SANDWICH

MEATBALLS IN SAUCE 30
SHRED. CH. WG PASTA
STEAMED BROCCOLI
CHOICE OF FRUIT

ALT: HAMBURGER WG ROLL

Tuesday

BEEF TACO & CHIPS 3
SHRED. CH, LETTUCE
FESTIVE BEAN SALAD
CHOICE OF FRUIT

ALT: COLD MEAT SANDWICH

GR. HAM & CHEESE 10
SUN CHIPS
STEAMED PEAS
CHOICE OF FRUIT

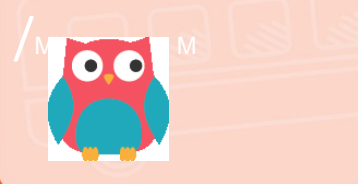
ALT: HOTDOG WG ROLL

PIZZA BURGER WG 17
ROLL, CRISPY FRIES
BAKED BEANS
CHOICE OF FRUIT

ALT: GR. CHEESE SANDWICH

MEATBALLS IN GRAVY 24
MASHED POTATOES
GARLIC STICK, BROCCOLI
CHOICE OF FRUIT

ALT: COLD MEAT SANDWICH



Wednesday

BAKED CHEESE PIZZA 4
SIDE SALAD, CHICK PEAS
STEAMED BROCCOLI
CHOICE OF FRUIT

ALT: COLD MEAT SANDWICH

FRENCH TOAST STICKS 11
HOMEFRIES, SAUSAGE
STEAMED CARROTS
CHOICE OF FRUIT

ALT: HOTDOG WG ROLL

TACO CHICKEN & CHIPS 18
SHRED. CH, LETTUCE
STEAMED BROCCOLI
CHOICE OF FRUIT

ALT: GR. CHEESE SANDWICH

BAKED FISH SHAPES 25
HUSH PUPPIES
STEAMED CARROTS
CHOICE OF FRUIT

ALT: COLD MEAT SANDWICH

You must choose at least one fruit or vegetable. Be sure to include at least 3, 4 or all components daily.
Lunch \$2.00 daily
Lunch reduced \$.40 daily

Thursday

TURKEY IN GRAVY 5
BAKED STUFFING, WG ROLL
STEAMED CORN
CHOICE OF FRUIT

ALT: COLD MEAT SANDWICH

BBQ / SLOPPY JOE 12
WG ROLL, GR. BEANS
BABY CAKE POTATOES
CHOICE OF FRUIT

ALT: HOTDOG WG ROLL

ROTINI-MEAT SAUCE 19
SHRED. CH, WG ROLL
STEAMED CARROTS
CHOICE OF FRUIT

ALT: GR. CHEESE SANDWICH

HAMBURGER WG 26
ROLL, SWEET POTATO
FRIES, BAKED BEANS
CHOICE OF FRUIT

ALT: COLD MEAT SANDWICH



Friday

CHEESE RAVIOLI 6
SHRED. CHEESE WG
ROLL, CARROTS
CHOICE OF FRUIT

ALT: COLD MEAT SANDWICH

CH. BREADSTICKS 13
SAUCE, ROMAINE &
TOM. SALAD, KIDNEY BEANS
CHOICE OF FRUIT

ALT: HOTDOG WG ROLL

BAKED PIZZA BAGEL 20
TOSSED SALAD
STEAMED PEAS
CHOICE OF FRUIT

ALT: GR. CHEESE SANDWICH

BAKED PIZZA SLICE 27
SPINACH & TOMATO SALAD
STEAMED PEAS
CHOICE OF FRUIT

ALT: COLD MEAT SANDWICH