

# SEPTEMBER | 2023

## Elementary Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> Rainbow Salad bar is available every day for healthy fresh vegetable options	<b>D</b> aily lunch alternate Chef's salad – turkey or ham with whole grain roll Or Yogurt, cheese stick & whole grain roll
<b>4</b> <b>Labor Day No School</b>	<b>5</b> 1/2 day – noon dismissal Ham & cheese croissant Baby carrots Apple slices Sun chip Milk	<b>6</b> Hamburger on whole grain bun French fries Baked beans Peaches Yellow & red pepper strips Milk	<b>7</b> Chicken breast fillet on whole grain bun Sweet potato fries Romaine & Spinach salad Grape tomato Fresh strawberries Milk	<b>8</b> Cheese Quesadilla Red & yellow pepper strips Carrots ticks Orange slices Milk Alt – cheese pizza
<b>11</b> Spaghetti with meat sauce Garlic breadstick Romaine & Spinach salad Cucumber slices Diced pears Milk	<b>12</b> Jim's pizza Sweet potato puffs Coleslaw Baked beans Peaches Milk	<b>13</b> 1/2 day – noon dismissal Turkey & cheese sliders on Hawaiian buns Baby carrots Apple slices Milk	<b>14</b> Breaded chicken strips Mashed potatoes & gravy Roasted broccoli, cauliflower, carrots, & onion Watermelon Milk	<b>15</b> Cheese quesadilla Tostitos Salsa Red & yellow pepper strips Mixed fruit Milk Alt – cheese pizza
<b>18</b> Chicken breast fillet on whole grain bun French fries Baked beans Fresh Pears Milk	<b>19</b> French bread pizza Romaine & Spinach salad Cucumber slices Mixed fruit Milk	<b>20</b> Mini corn dogs Sweet potato puffs Steamed broccoli Cantaloupe Milk	<b>21</b> Walking taco – seasoned meat, shredded cheese, romaine, diced tomato, black beans, Doritos & salsa Yellow & Red pepper strips Pineapple Milk	<b>22</b> Homemade chili Carrot sticks Celery sticks Goldfish crackers Apple slices Milk Alt – cheese pizza
<b>25</b> Bosco stick Marinara sauce Fresh broccoli Fresh carrot sticks Peaches Milk	<b>26</b> Cinnamon French toast Sausage links Apple juice Orange slices Milk	<b>27</b> Cheese quesadilla Refried beans Yellow & red pepper strips Tostito Salsa Fresh pineapple Milk	<b>28</b> Jim's pizza Steamed broccoli Baked beans Mixed fruit Milk	<b>29</b> Homemade turkey stew Fresh cauliflower Carrots sticks Diced pears Milk Alt – cheese pizza

### News

Monday, September 4<sup>th</sup> – Labor Day – No School

Tuesday, September 5<sup>th</sup> – 1/2 day for students, lunch provided

Wednesday, September 13<sup>th</sup> - 1/2-day, lunch provided

Breakfast and lunch are FREE to all students of CLK Schools.

This institution is an equal opportunity provider.

Menu subject to change due to product availability.