

LUNCH

September 2013

NREVSD K-8

Lunch Fact

The 2010 Dietary Guidelines for Americans recommend that at least half of your grains are whole. For most people, that translates into at least 48 grams daily.



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* Monday

Hamburger on Bun
or Deli Sandwich / Pickles
Baked Tater Tots
Baked Beans
Steamed Brussel Sprouts
Choice of Fat Free Milk **2**

Chicken Patty
Hamburger on Bun/ Pickles
Baked Tri Tater
Crisp Lettuce Salad
Steamed Brussel Sprouts
Choice of fat Free Milk **9**

Pizza Dippers or Calzone
Marinara Dipping Sauce
Baked Tater Tots
Crisp Lettuce Salad w/dressing
Steamed Brussel Sprouts
Choice of Fat Free Milk **16**

Cheeseburger on Bun
or Deli Sandwich *Pickles
Baked Sweet Potato Fries
Baked Beans
Crisp Lettuce Salad w/dressing
Choice of Fat Free Milk **23**

Hot Ham & Cheese Sandwich
or Chicken Patty on Bun
Baked Sweet Potato Fries
Crisp Lettuce Salad w/dressing
Choice of Fat Free Milk

* Tuesday

Grilled Cheese Sandwich
or Hot Dog on Bun
Tomato Soup / Crackers
Steamed Lima Beans
Choice of Fat Free Milk **3**

French Toast
or Breakfast Pizza
Sausage Links
Baked Apples
Chilled Juice
Choice of Fat Free Milk **10**

Hot Dog on Bun
or Chicken Nuggets
Macaroni & Cheese
Baked Beans
Choice of Fat Free Milk **17**

Breakfast Pizza
or Funnel Cakes
Sausage Links
Baked Apples
Chilled Fruit Juice
Choice of Fat Free Milk **24**

Menu is subject to change due to product availability

PB&J Sandwich offered daily as an alternative choice.

* Wednesday

Spaghetti
or Lasagna Roll Up
Breadstick
Crisp Lettuce Salad w/dressing
Green Beans
Choice of Fat Free Milk **4**

Walking Taco/Corn Chips
or Quesadilla
Lettuce, Cheese, Salsa
Refried Beans
Steamed Corn
Choice of Fat Free Milk **11**

Meatball Hoagie
or Mini Corn Dogs
Green Beans
Crisp Lettuce Salad w/dressing
Choice of Fat Free Milk **18**

Three Way Chili Spaghetti
or Chili Dog on Bun
Steamed Carrots
Choice of Fat Free Milk **25**

* Thursday

Chicken Nuggets
or Egg Roll
Steamed Brown Rice
Steamed Broccoli
Fortune Cookie
Choice of Fat Free Milk **5**

Salisbury Steak
or Chicken Nuggets
Mashed Potatoes/Gravy
Green Beans
Roll
Choice of Fat Free Milk **12**

Chicken Nuggets
or Egg Roll
Steamed Brown Rice
Steamed Carrots
Fortune Cookie
Choice of Fat Free Milk **19**

Salisbury Steak
Chicken Nuggets
Mashed Potatoes/Gravy
Green Beans
Roll
Choice of Fat Free Milk **26**

* Friday

Stuffed Crust Pizza
or Pizza Dippers w/Sauce
Baked Sweet Potato Fries
Fresh Broccoli & Carrots w/dip
Choice of Fat Free Milk **6**

Stuffed Crust Pizza
or Deli Sandwich
Baked Sweet Potato Fries
Fresh Broccoli & Carrots w/dip
Choice of Fat Free Milk **13**

Stuffed Crust Pizza
or Hamburger on Bun
Baked Sweet Potato Fries
Fresh Broccoli & Carrots w/dip
Choice of Fat Free Milk **20**

Stuffed Crust Pizza
Chicken Patty on Bun
Baked Tater Tots
Fresh Broccoli & Carrots w/dip
Choice of Fat Free Milk **27**

September is Whole Grains Month