

Elementary School Lunch Menu September 2013 to January 2014

Money in your account helps speed up lines and leaves more time to socialize!

Cafeteria Legend
Follow the calendar color key to our lunch menu.
■ NO LUNCH!

Student Lunch \$2.35 Reduced Lunch \$.40 Adult Lunch \$3.95

M	T	W	T	F
SEPT				
	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

M	T	W	T	F
OCT				
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7	8	9	10	11
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M	T	W	T	F
NOV				
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18	19	20	21	22
25	26	27	28	29

M	T	W	T	F
DEC				
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23	24	25	26	27
30	31			

M	T	W	T	F
JAN				
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27	28	29	30	31




M	T	W	T	F
FEB				
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17	18	19	20	21
24	25	26	27	28




M	T	W	T	F
MARCH				
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24	25	26	27	28
31				




M	T	W	T	F
APRIL				
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21	22	23	24	25
28	29	30		




M	T	W	T	F
MAY				
			1	2
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26	27	28	29	30

M	T	W	T	F
JUNE				
2	3	4	5	6
9	10	11	12	13

DAILY FEATURE A		WEEK 1 SPECIALS (B, C, D, E)	
Monday	Pasta w/Spag. Sauce ▼, Meatballs, Pears, Baby Carrots, Sliced Cucumber, WW Roll	B) Pizza Dippers ▼ 	C) PBJ ▼ on WW 
Tuesday	Popcorn Chicken w/ Dip Sauce, Baked Potato Puffs, Broccoli w/dip, Orange Smiles		
Wednesday	Hot Dog on a Bun, Black Bean Salad, Peaches in Juice	D) Hummus Bites ▼ (Hummus, Carrot Stix, Pita Wedges)	E) Taco Salad or Salad Bar ▼ 
Thursday	Soft Taco w/ Cheese, Tomato, Lettuce, Salsa, Roasted Corn, Carrot Sticks, Grapes		
Friday	Pizza 4 x 6 WG ▼, Green Beans, Tossed Salad, Pineapple Chunks		

DAILY FEATURE A		WEEK 2 SPECIALS (B, C, D, E)	
Monday	WW French Toast ▼ w/ Sausage Patty, Fresh Pears, Baby Carrots, Sliced Cucumber	B) Baked Chicken Nuggets w/WW Dinner Roll	C) PBJ ▼ on WW 
Tuesday	Meatball Sandwich on a WW Roll, Potato Puffs, Broccoli w/dip, Applesauce		
Wednesday	Turkey Hoagie on a Roll, Baked Beans, Fresh Apple	D) Ham & Cheese Sandwich on Bread 	E) Chicken Caesar Salad or Salad Bar ▼ 
Thursday	Baked Ziti w/ Sausage Meat Sauce, Tossed Salad, Carrot Sticks, Mixed Fruit		
Friday	Round WG Pizza ▼, Green Beans, Caesar Salad, Apple Slices		

DAILY FEATURE A		WEEK 3 SPECIALS (B, C, D, E)	
Monday	Chicken Nuggets w/WW Roll, Baked Potato Puffs, Broccoli w/dip, Applesauce	B) Cheeseburger on a WW Bun 	C) PBJ ▼ on WW 
Tuesday	Baked WW Macaroni and Cheese ▼, Pears, Baby Carrots, Sliced Cucumber		
Wednesday	Hot Ham & Cheese on a Bun, Corn, Peaches in Juice	D) Yogurt Bites ▼ (6 oz Yogurt, Cinnamon Teddy Grahams, Grapes)	E) Taco Salad or Salad Bar ▼ 
Thursday	Soft Taco w/Cheese, Tomato, Lettuce, Salsa, Black Bean Salad, Carrot Sticks, Fresh Grapes, Mixed Fruit		
Friday	Pizza Wedge ▼, Green Beans, Tossed Salad, Apple Slices		

DAILY FEATURE A		WEEK 4 SPECIALS (B, C, D, E)	
Monday	Cheese Breadsticks ▼ w/ Marinara Sauce, Pears, Baby Carrots, Sliced Cucumber	B) Baked Chicken Patty on a WW Bun 	C) PBJ ▼ on WW 
Tuesday	Toasted Cheese Sandwich ▼, Tomato Soup, Broccoli w/dip, Orange Smiles		
Wednesday	Oven Baked Breaded Chicken, WW Roll, Mashed Potatoes, Carrot Sticks, Fresh Grapes	D) Tuna Salad Sandwich on Bread	E) Chicken Salad Platter or Salad Bar ▼ 
Thursday	Baked Potato w/Broccoli, Cheese, Beef, Baked Beans		
Friday	French Bread Pizza ▼, Green Beans, Caesar Salad, Pineapple Chunks		

CAFETERIA ACCOUNT

Please include your child's name and pin # with all pre-payments. You may also pay online at www.paypams.com. FREE registration (\$1.95 fee for online deposits)

Elementary Breakfast Meal \$1.35

Four Items:

1. Bread 2. Protein 3. Fruit 4. Milk

You may take all four items, but must take at least three items to count as a Meal. You may take two breads or one bread and one protein and one fruit and one milk.

Choose from the following:

- 1 Bagel 2 sm muffins 1 Cereal & 1 sm muffin
French Toast & Sausage Patty

Fresh Fruit 4oz 100% Fruit Juice

Milk

Notes about our Menu

- Milk is available with each meal: 1% White, Non-Fat White or Non-Fat Chocolate
 - A minimum of 1 Fresh Fruit & 1 Fresh Veg are available with each meal, as well as 4oz Apple and Grape Juice
- WW = Whole Wheat, WG = Whole Grain
▼ = VEGETARIAN

Elementary School Lunch Meal \$2.35

Five Items:

1. Protein 2. Bread 3. Fruit 4. Vegetable 5. Milk
- You may take all five items, but must take at least three items, with one of the three items being a fruit or vegetable to count as a lunch. Entrée's usually count as two items (Protein, Bread).

Choose One Entree:

(Protein, Bread)

Choose up to Three:

(choose 1 Fruit & up to 2 Vegetables)

Choose One:

(1% white, skim white & non-fat chocolate milk)

(Water is available for an additional cost of \$.65)

