

SEPTEMBER

Menu

WELCOME BACK!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals served with a choice of milk: 1%, skim or fat-free chocolate	ICE CREAM CUP: \$.60/.90	BREAKFAST PRICE: PAID: \$1.75/1.85 REDUCED: \$.25	LUNCH PRICE: PAID: \$2.35/2.45 REDUCED: \$.25	*ICE CREAM IS ONLY AVAILABLE AT MS/HS
4	5	6	7	8
LABOR DAY	Popcorn chicken w/ketchup Dinner Roll *W/ Rice Carrots Chilled or fresh fruit	Elementary Meatball Sub *Meatballs w/Pizza Sticks Savory Green Beans Chilled or Fresh Fruit	Turkey & Gravy Over Mashed Potatoes Corn or Veggie Medley Wheat Roll Chilled or Fresh Fruit	Walking Taco With Cheese Refried Veggie Beans Chilled or Fresh Fruit
11	12	13	14	15
Whole Grain Fiesta Pasta w/ Meat Sauce Green Peas Chilled or Fresh Fruit	Bacon Cheeseburger w/ketchup on Wheat Bun Refried Veggie Beans Chilled or Fresh Fruit	Teriyaki or Chipotle Turkey Rice Bowl Carrots Chilled or Fresh Fruit	Whole Grain Homemade Pizza Chopped Broccoli Chilled or Fresh Fruit	Crispy Fish Patty With Cheese On a Wheat Bun Corn /*Coleslaw Chilled or Fresh Fruit
18	19	20	21	22
Chicken Salad And Grape Wrap Stream Broccoli Chilled or Fresh Fruit	Beef and Gravy Over Mashed Potatoes Garlicky Green Beans Wheat Roll Chilled or Fresh Fruit	BBQ Chicken or Pork On a Bun *w/ Rice Sliced Carrots or Green Peppers Chilled or Fresh Fruit	French Toast Sticks With Syrup Egg & Sausage scramble Potatoes Chilled or Fresh Fruit	Walking Taco With Cheese Refried Veggie Beans Chilled or Fresh Fruit
25	26	27	28	29
Chicken Patty *Chicken Parmesan On a Bun Served with Broccoli Chilled or Fresh Fruit	Cheeseburger w/ketchup on Wheat Bun Black and Veggie Beans *Black Beans & Rice Chilled or Fresh Fruit	Deli Day Turkey & Ham W/ Cheese, Lettuce & Tomato on a Sub Roll Carrots Chilled or Fresh Fruit	Stuff Crust Cheese Pizza Garlicky Green Beans Or *Veggie Medley Chilled or Fresh Fruit	Chicken Taco w/Cheese Over Nachos Southwest Corn Chilled or Fresh Fruit
*At both breakfast and lunch you must choose AT LEAST 3 OF THE 5 ITEMS to make a meal. One of these must be a fruit or veggie or you will be charged Ala Carte price.	*HIGH SCHOOL ONLY *Carrot Sticks and Dinner Roll will be offered daily to high school students when not on menu.			



Breakfast Choices:
1% or Skim Milk, Juice or Fruit,
Cereal, Muffin, or Various
Heated Items

Sandwich Choice:
Tuna, Turkey or
PBJ W/ Cheese Stick or
Hot Dog (Elementary Only)

Lunch Choices:
1%, Skim Milk or
Fat-Free Chocolate

Extra Milk: \$.60
Extra Fruit or Veggie: \$.70

Funds for extras
may be added to your school
bucks account, cash or checks:
"USCS LUNCH FUND"



DELI BAR TO GO!

Freshly prepared sandwiches with
assorted deli meats, cheese and
accompaniments prepared daily on
Whole Wheat Bread, Kaiser Roll or a
Sub Roll. We also have
JULIENNE SALADS!

*School Will Vary in Options/Menus May Vary *If there is a delay in the start of school, breakfast will not be served.

*If you have any concerns please contact Kathy Smith at (315) 889-4120.