

ELEMENTARY SCHOOL Lunch Menu- September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>  <p>No School!</p>	<p>3</p> <p style="text-align: center;"><i>Superintendent Conference Day</i></p>  <p style="text-align: center;">No School</p>	<p>4</p> <p style="text-align: center;"><u>Choice of One</u></p> <p>Chicken Smackers w/ WG roll Ham and Cheese on a WG bun Yogurt parfait w/ soft pretzel Veggie Burger on WW Bun</p> <p style="text-align: center;"><u>Side Options</u></p> <p>Tossed Salad w/ chick peas Carrot Nibblers w/ dip Apple Sauce cup</p>	<p>5</p> <p style="text-align: center;"><u>Choice of One</u></p> <p>Stuffed Crust Pizza Ranger burger on WG Bun Fruit, Yogurt & Cheese Plate w/ WW Bread Stick Grilled Chicken w/ Leaf Lettuce on a bun</p> <p style="text-align: center;"><u>Side Options</u></p> <p>Caesar Salad Glazed Carrots Chilled Peaches</p>	<p>6</p> <p style="text-align: center;"><u>Choice of One</u></p> <p>Grilled Cheese Sandwich Tuna Salad on WG bun Veggie Burger on WG Bun</p> <p style="text-align: center;"><u>Side Options</u></p> <p>Tomato Soup Onion Rings Chilled Assorted Fruit</p>
<p>9</p> <p style="text-align: center;"><u>Choice of One</u></p> <p>Taco Salad w/ lettuce, cheese and salsa Zwiegle Hot Dog on WG Bun Veggie Burger on WG Bun</p> <p style="text-align: center;"><u>Side Options</u></p> <p>Brown Rice Steamed Corn Chilled Peaches</p>	<p>10</p> <p style="text-align: center;"><u>Choice of One</u></p> <p>Popcorn Chicken w/ WG roll Chicken Caesar Salad w/ WG roll Fruit, Yogurt & Cheese Plate w/ WG roll Grilled Chicken w/ Leaf Lettuce on a bun</p> <p style="text-align: center;"><u>Side Options</u></p> <p>Tossed Salad w/ chick peas Steamed Green Beans</p>	<p>11</p> <p style="text-align: center;"><u>Choice of One</u></p> <p>Pillsbury Mini Pancakes w/ breakfast sausage Turkey BLT on WW Bun Yogurt parfait w/ soft pretzel Veggie Burger on WW Bun</p> <p style="text-align: center;"><u>Side Options</u></p> <p>Glazed Carrots Hash browns Chilled Apple Sauce</p>	<p>12</p> <p style="text-align: center;"><u>Choice of One</u></p> <p>Fiestada Pizza Ranger burger on WG Bun Fruit, Yogurt & Cheese Plate w/ WW Bread Stick Grilled Chicken w/ Leaf Lettuce on a bun</p> <p style="text-align: center;"><u>Side Options</u></p> <p>Garden Salad w/ chick peas Fresh Baby Carrots Chilled Mandarin Oranges</p>	<p>13</p> <p style="text-align: center;"><u>Choice of One</u></p> <p>Chicken Patty Sandwich Corn Dog Veggie Burger on WG Bun</p> <p style="text-align: center;"><u>Side Options</u></p> <p>Baked Beans Spinach Salad/Dressing Chilled Assorted Fruit</p>
<p>16</p> <p style="text-align: center;"><u>Choice of One</u></p> <p>Chicken & Cheese Quesadilla Zwiegle Hot Dog on WG Bun Veggie Burger on WG Bun</p> <p style="text-align: center;"><u>Side Options</u></p> <p>Steamed Corn Brown Rice Mixed Fruit</p>	<p>17</p> <p style="text-align: center;"><u>Choice of One</u></p> <p>ChickenTenders w/ WG roll Julienne Salad w/ WG roll Fruit, Yogurt & Cheese Plate w/ WG roll Grilled Chicken w/ Leaf Lettuce on a bun</p> <p style="text-align: center;"><u>Side Options</u></p> <p>Oven Baked French Fries Fresh Baby Carrots Chilled Apple Sauce</p>	<p>18</p> <p style="text-align: center;"><u>Choice of One</u></p> <p>Pillsbury Mini Waffles w/ breakfast sausage Mozzarella sticks w/ sauce Yogurt parfait w/ soft pretzel Veggie Burger on WG Bun</p> <p style="text-align: center;"><u>Side Options</u></p> <p>Oven Baked Tater Tots Caesar Salad Chilled Pears</p>	<p>19</p> <p style="text-align: center;"><u>Choice of One</u></p> <p>French Bread Pizza Ranger burger on WG Bun Fruit, Yogurt & Cheese Plate w/ WW Bread Stick Grilled Chicken with Leaf Lettuce on a bun</p> <p style="text-align: center;"><u>Side Options</u></p> <p>Tossed Salad w/ chick peas Steamed Broccoli Chilled Peaches</p>	<p>20</p> <p style="text-align: center;"><u>Choice of One</u></p> <p>Grilled Cheese Sandwich Egg Salad on WG bun Veggie Burger on WG Bun</p> <p style="text-align: center;"><u>Side Options</u></p> <p>Tomato Soup Onion Rings Chilled Assorted Fruit</p>
<p>23</p> <p style="text-align: center;"><u>Choice of One</u></p> <p>Pasta w/ Meatballs Zwiegle Hot Dog on WG Bun Veggie Burger on WG Bun</p> <p style="text-align: center;"><u>Side Options</u></p> <p>Caesar Salad Steamed Mixed Vegetables Chilled Peaches</p>	<p>24</p> <p style="text-align: center;"><u>Choice of One</u></p> <p>Chicken Nuggets w/ WG roll Julienne Salad w/ WG roll Fruit, Yogurt & Cheese Plate w/ WG roll Grilled Chicken w/ Leaf Lettuce on a bun</p> <p style="text-align: center;"><u>Side Options</u></p> <p>Spinach Salad/Dressing Tater Tots Chilled Pears</p>	<p>25</p> <p style="text-align: center;"><u>Choice of One</u></p> <p>Pillsbury Mini Pancakes w/ breakfast sausage Turkey and Cheese on a roll Yogurt parfait w/ soft pretzel Veggie Burger on WW Bun</p> <p style="text-align: center;"><u>Side Options</u></p> <p>Garden Salad w/ chick peas Hash browns Strawberry cup</p>	<p>26</p> <p style="text-align: center;"><u>Choice of One</u></p> <p>Classic Pizza Ranger burger on WG Bun Fruit, Yogurt & Cheese Plate w/ WW Bread Stick Grilled Chicken w/ Leaf Lettuce on a bun</p> <p style="text-align: center;"><u>Side Options</u></p> <p>Tossed Salad w/ chick peas Steamed Broccoli Chilled Apple Sauce</p>	<p>27</p> <p style="text-align: center;"><u>Choice of One</u></p> <p>Chicken Patty Sandwich Zwiegle Hot Dog on WG Bun Veggie Burger on WG Bun</p> <p style="text-align: center;"><u>Side Options</u></p> <p>Oven Baked Fries Glazed Carrots Chilled Assorted Fruit</p>
<p>30</p> <p style="text-align: center;"><u>Choice of One</u></p> <p>Taco in a Bag w/ lettuce, cheese and salsa Zwiegle Hot Dog on WG Bun Veggie Burger on WG Bun</p> <p style="text-align: center;"><u>Side Options</u></p> <p>Brown Rice Steamed Corn Chilled Peaches</p>				

PARENTS: Your child(ren) may qualify for free or reduced meals. Complete a meal application and turn it in to any cashier. **IF YOUR CHILD(REN) QUALIFIED IN THE 2018-19 SCHOOL YEAR, THE GRACE PERIOD FOR ROLL-OVER STATUS ENDS IN OCTOBER, PLEASE SUBMIT NEW APPLICATIONS FOR 2019-20.**

You can pay for meals on-line at mySchoolBucks.com **OR** Checks may be made payable to Spencerport School Lunch Fund and handed in at the register to be put in a student's Nutrikids Meal Account.

Breakfast
Daily ~ \$1.75
Weekly ~ \$8.75

Lunch
Daily ~ \$2.95
Weekly ~ \$14.75

Available Daily

Daily: PBJ on WW
Tues & Thurs: Juice
Milk- 1%, Skim & FF Chocolate
Asst. Fresh vegetables with Dip

Spencerport Breakfast Menu – September 2019

Assorted Milk Available (May choose one)

Cost - \$1.75

Skim, 1%, and No Fat Chocolate

Free and Reduced meals available to those students that qualify.

May choose one of the following

Juice, Fresh Fruit, or Dished Fruit

Must choose One or Two items from this category unless it is Hot Breakfast day and you choose the Hot

Breakfast item

Assorted Cereal

Assorted Pastries

2 oz. Muffin

Yogurt (4 oz.)

Cheese Stick

OR



One item from this category unless it is Hot Breakfast day and you choose the Hot Breakfast item

Bagel (Assorted with plain white bagels)

Assorted Pastries

Breakfast breaks (This is a complete meal but allowed to take one more juice or fruit and a milk)

Requirements for the School

Breakfast Program:

- All grains must be whole-grain rich (must contain at least 50% whole grain)
- At least 1 full cup of fruit must be offered daily, and students are required to take at least a half cup (so students must take either a fruit or a juice, which may be either fresh or canned, in addition to the main entrée and the milk



Thursday, September 5th – Hot Breakfast will start on September 12th

Tuesday, September 10th – Hot Breakfast will start on September 12th

Thursday, September 12th – Breakfast Pizza

Tuesday, September 17th – French toast Sticks w/ sausage

Thursday, September 19th – Breakfast Sandwich on a Biscuit

Tuesday, September 24th – Pancakes on a Stick

Thursday, September 26th – Breakfast Pizza