





WELCOME BACK TO SCHOOL

SEE WHAT'S NEW & FRESH IN THE SCHOOL CAFE

Elmira Elementary Menu

September 2017

This institution is an equal opportunity provider .

Monday	Tuesday	Wednesday	Thursday	Friday
 NO SCHOOL	5 Crispy Chicken Sandwich or Ham & Cheese Sandwich Seasoned Broccoli Dark Green Salad Chilled Peaches Milk	6 Beef Soft Taco or Turkey & Cheese Sandwich Steamed Golden Corn Baby Carrots Chilled Pears Orange Wedges Milk	7 Spaghetti w/Meat Sauce & Roll or Sun Butter & Grape Jelly Sandwich Savory Green Beans Dark Green Salad Chilled Mixed Fruit Milk	8 Pepperoni Pizza or Cheeseburger Vegetarian Baked Beans Baby Carrots Chilled Peaches Fresh Apples Milk
11 BBQ Pork Rib on Bun or Pretzel w/ Sun Butter & Cheese Fun Lunch Baked Beans Baby Carrots Chilled Mixed Fruit Milk	12 Turkey Corn Dog or Ham & Cheese Sandwich Steamed Golden Corn Dark Green Salad Chilled Peaches Milk	13 Chicken Fajita or Turkey & Cheese Sandwich Steamed Broccoli Baby Carrots Chilled Pears Orange Wedges Milk	14 Sausage & French Toast or Sun Butter & Grape Jelly Sandwich Tater Tots Dark Green Salad Chilled Mixed Fruit Milk	15 Cheese Pizza or Cheeseburger Savory Green Beans Baby Carrots Chilled Peaches Fresh Apples
18 Chicken Nuggets w/Roll or Ham & Cheese Sandwich Seasoned Broccoli Baby Carrots Chilled Mixed Fruit Milk	19 Salisbury Steak w/Roll or Chicken Caesar Salad w/Roll Whipped Potatoes Dark Green Salad Chilled Peaches Milk	20 Sloppy Joe on Bun or Turkey & Cheese Sandwich Vegetarian Baked Beans Baby Carrots Chilled Pears Orange Wedges Milk	21 Sweet & Sour Chicken w/Brown Rice or Sun Butter & Grape Jelly Sandwich Savory Green Beans Dark Green Salad Chilled Mixed Fruit Milk	22 Pepperoni Pizza or Cheeseburger Steamed Golden Corn Baby Carrots Chilled Peaches Fresh Apples Milk
25 Meatball Sub or Ham & Cheese Sandwich Baked Beans Baby Carrots Chilled Mixed Fruit Milk	26 Crispy Chicken Sandwich or Chicken Caesar Salad w/Roll Steamed Broccoli Dark Green Salad Chilled Peaches Milk	27 Macaroni & Cheese w/Roll or Turkey & Cheese Sandwich Savory Green Beans Baby Carrots Chilled Pears Orange Wedges Milk	28 Beef Macho Nachos or Sun Butter & Grape Jelly Sandwich Refried Beans Dark Green Salad Chilled Mixed Fruit Milk	 29 Cheese Pizza or Cheeseburger Steamed Peas Baby Carrots Chilled Peaches Fresh Apples Milk
BREAKFAST				
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Assorted Cereal & Mini Bagel or Waffles	Assorted Cereal & Mini Bagel or Cherry Frudel	Assorted Cereal & Mini Bagel or Breakfast Cookie	Assorted Cereal & Mini Bagel or Cinnamon Roll	Assorted Cereal & Mini Bagel or Pancake on a Stick

Student breakfast \$1.20 paid, Reduced Free, Free* Student lunch \$2.65 paid, Reduced Free**, Free*(* if qualified)**
Adult Breakfast \$2.25 Lunch \$3.65 Milk \$.50

****The Oregon legislature provided funding to eliminate the reduced price payment for School Breakfast and Lunch. For the school year 2017-2018, breakfast and lunch will be accessible at no charge to students who qualify for reduced price meals**

A full student lunch includes a choice of entrée supplying protein and grain, up to three (3) vegetable side dishes, one (1) fruit side dish, and milk.

Milk choices include 1% white and Non Fat Chocolate.

We feature a variety of vegetables and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices.



You may qualify for free or reduced price meals. Applications are available at all schools. For questions regarding the food service program you can call the food service office at
 (541) 935-8200 EXT. 275

