



TREE FRUITS



Elmira Elementary Menu



October 2018

This institution is an equal opportunity provider .

Monday	Tuesday	Wednesday	Thursday	Friday
1 Salisbury Steak w/Roll or Chicken Caesar Salad w/Roll Whipped Potatoes Fresh Carrots Fresh Fruit Chilled Fruit Milk	2 Roasted BBQ Chicken w/Roll or Sun Butter & Grape Jelly Sandwich Vegetarian Baked Beans Fresh Carrots Fresh Fruit Chilled Fruit Milk	3 Beef Soft Taco or Turkey & Cheese Sandwich Steamed Golden Corn Baby Carrots Fresh Fruit Chilled Fruit Milk	4 Spaghetti w/Meat Sauce & Roll or Sun Butter & Grape Jelly Sandwich Savory Green Beans Dark Green Salad Fresh Fruit Chilled Fruit Milk	5 Pepperoni Pizza or Cheeseburger Seasoned Broccoli Florets Baby Carrots Fresh Fruit Chilled Fruit Milk
8 Beef & Bean Chili w/Fritos & Roll or Sun Butter & Grape Jelly Sandwich Oven Baked Potato Wedges Baby Carrots Chilled Fruit Milk	9 Turkey Corn Dog or Ham & Cheese on a Bun Steamed Golden Corn Dark Green Salad Chilled Fruit Milk	10 Chicken Fajita or Turkey & Cheese Sandwich Vegetarian Baked Beans Baby Carrots Fresh Fruit Chilled Fruit Milk	11 Sausage & Waffles or Sun Butter & Grape Jelly Sandwich Tater Tots Dark Green Salad Fresh Fruit Chilled Fruit Milk	12 No School Teacher In-service
15 Roasted BBQ Chicken w/Roll or Sun Butter & Grape Jelly Sandwich Vegetarian Baked Beans Baby Carrots Fresh Fruit Chilled Fruit Milk	16 Beef Soft Taco or Ham & Cheese Sandwich Seasoned Corn Dark Green Salad Chilled Fruit Milk	17 Savory Salisbury Steak w/Roll or Chicken Caesar Salad w/Roll Mashed Potatoes Baby Carrots Fresh Fruit Chilled Fruit Milk	18 Crispy Chicken Patty Sandwich or Sun Butter & Grape Jelly Sandwich Tater Tots Dark Green Salad Chilled Fruit Milk	19 Pepperoni Pizza or Cheeseburger Seasoned Broccoli Florets Baby Carrots Fresh Fruit Chilled Fruit Milk
22 Chicken Nuggets w/Roll or Ham & Cheese Sandwich Savory Green Beans Baby Carrots Fresh Fruit Chilled Fruit Milk	23 BBQ Shredded Pork on a Bun or Chicken Caesar Salad w/Roll Vegetarian Baked Beans Dark Green Salad Chilled Fruit Milk	24 Italian Meatball Sub or Turkey & Cheese Sandwich Oven Baked Potato Wedges Baby Carrots Fresh Fruit Chilled Fruit Milk	25 Beef Macho Nachos or Sun Butter & Grape Jelly Sandwich Refried Beans Dark Green Salad Chilled Fruit Milk	26 Cheese Pizza or Cheeseburger Seasoned Broccoli Florets Baby Carrots Fresh Fruit Chilled Fruit Milk
29 Salisbury Steak w/Roll or Chicken Caesar Salad w/Roll Whipped Potatoes Fresh Carrots Fresh Fruit Chilled Fruit Milk	30 Roasted BBQ Chicken w/Roll or Sun Butter & Grape Jelly Sandwich Vegetarian Baked Beans Fresh Carrots Fresh Fruit Chilled Fruit Milk	31 Beef Soft Taco or Turkey & Cheese Sandwich Steamed Golden Corn Baby Carrots Fresh Fruit Chilled Fruit Milk	MENU SUBJECT TO CHANGE PAY FOR SCHOOL MEALS ONLINE @ myschoolbucks.com FREE AND REDUCED MEAL APPLICATIONS ARE AVAILABLE IN ALL SCHOOL OFFICES	
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Assorted Cereal & Mini Bagel or Waffles	Assorted Cereal & Mini Bagel or Apple Frudel	Assorted Cereal & Mini Bagel or Breakfast Cookie	Assorted Cereal & Mini Bagel or Cinnamon Roll	Assorted Cereal & Mini Bagel or Breakfast Burrito

All breakfast entrées include choice of fruit or juice, and 1% white milk or non-fat chocolate milk

Student breakfast \$1.20 paid, Reduced Free**, Free* Student lunch \$2.75 paid, Reduced Free**, Free*(if qualified)
Adult Breakfast \$2.45 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 2018-2019, 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.

