



# TREE FRUITS



## Elmira Elementary Menu



October 2019

This institution is an equal opportunity provider .

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MENU SUBJECT TO CHANGE</b>	1 Soft Beef Whole Grain Taco or Turkey & Cheese Sandwich Seasoned Pinto Beans Dark Green Salad Fresh Fruit Chilled Fruit Milk	2 Chicken Nuggets or Tuna Salad Sandwich Steamed Golden Corn Baby Carrots Fresh Fruit Chilled Fruit Milk	3 Lasagna Pasta Baked w/Roll or Sun Butter & Grape Jelly Sandwich Savory Green Beans Dark Green Salad Fresh Fruit Chilled Fruit Milk	4 Classic Pepperoni Pizza or Cheeseburger Seasoned Broccoli Florets Baby Carrots Fresh Fruit Chilled Fruit Milk
7 Teriyaki Glazed Beef w/Brown Rice or Ham & Cheese on a Bun Savory Green Beans Baby Carrots Chilled Fruit Milk	8 Turkey Corn Dog or Turkey & Cheese Sandwich Steamed Golden Corn Dark Green Salad Fresh Fruit Chilled Fruit Milk	9 Crispy Fish Sticks w/Roll or Deli Sandwich Baked Beans Baby Carrots Fresh Fruit Chilled Fruit Milk	10 Cheese Pizza or Cheeseburger Seasoned Broccoli Florets Baby Carrots Fresh Fruit Chilled Fruit Milk	11 <b>No School Teacher Inservice Day</b>
14 Chicken Fried Rice or Ham & Cheese on a Bun Savory Green Beans Baby Carrots Chilled Fruit Milk	15 Chicken Soft Taco or Turkey & Cheese Sandwich Seasoned Pinto Beans Dark Green Salad Fresh Fruit Chilled Fruit Milk	16 Dutch Chicken Pot Pie w/Whole Grain Biscuit or Tuna Salad Sandwich Steamed Golden Corn Baby Carrots Fresh Fruit Chilled Fruit Milk	17 Sausage & Waffles or Sun Butter & Grape Jelly Sandwich Tater Tots Dark Green Salad Fresh Fruit Chilled Fruit Milk	18 Classic Pepperoni Pizza or Cheeseburger Seasoned Broccoli Florets Baby Carrots Fresh Fruit Chilled Fruit Milk
21 Shepherd's Pie w/Roll or Ham & Cheese on a Bun Savory Green Beans Baby Carrots Fresh Fruit Chilled Fruit Milk	22 Beef Nachos or Turkey & Cheese Sandwich Mexican Style Refried Beans Dark Green Salad Fresh Fruit Chilled Fruit Milk	23 Italian Meatball Sub or Deli Sandwich Baked Crinkle Fries Baby Carrots Fresh Fruit Chilled Fruit Milk	24 Crispy Fish Sticks w/Roll or Sun Butter & Grape Jelly Sandwich Seasoned Peas Dark Green Salad Fresh Fruit Chilled Fruit Milk	25 Cheese Pizza or Cheeseburger Seasoned Broccoli Baby Carrots Fresh Fruit Chilled Fruit Milk
28 Chicken Pasta Alfredo w/ Roll or Ham & Cheese on a Bun Savory Green Beans Baby Carrots Fresh Fruit Chilled Fruit Milk	29 BBQ Pulled Pork Sandwich or Turkey & Cheese Sandwich Confetti Coleslaw Dark Green Salad Fresh Fruit Chilled Fruit Milk	30 Cheesy Baked Pasta w/Roll or Tuna Salad Sandwich Seasoned Peas Baby Carrots Fresh Fruit Chilled Fruit Milk	31 The Perfect Sloppy Joe or Sun Butter & Grape Jelly Sandwich Baked Beans Dark Green Salad Fresh Fruit Chilled Fruit Milk	<b>PAY FOR SCHOOL MEALS ONLINE @ <a href="http://myschoolbucks.com">myschoolbucks.com</a></b>  FREE AND REDUCED MEAL APPLICATIONS ARE AVAILABLE IN ALL SCHOOL OFFICES
<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
Assorted Cereal & Honey Graham Crackers or Blueberry Waffle	Assorted Cereal & Honey Graham Crackers or Turkey, Egg & Cheese Breakfast Sandwich	Assorted Cereal & Honey Graham Crackers or Oatmeal & Cinnamon Baked Bar	Assorted Cereal & Honey Graham Crackers or Turkey, Egg & Cheese Breakfast Sandwich	Assorted Cereal & Honey Graham Crackers or Blueberry Muffin

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

**Student breakfast \$1.20 paid, Reduced Free\*\*, Free\* Student lunch \$2.85 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 2019-2020, 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.



