

# Elementary School Lunch Menu

## April 2017

Monday	Total Fat (g)	Sat. Fat (g)	Carbs (g)	Sodium (mg)	Tuesday	Total Fat (g)	Sat. Fat (g)	Carbs (g)	Sodium (mg)	Wednesday	Total Fat (g)	Sat. Fat (g)	Carbs (g)	Sodium (mg)	Thursday	Total Fat (g)	Sat. Fat (g)	Carbs (g)	Sodium (mg)	Friday	Total Fat (g)	Sat. Fat (g)	Carbs (g)	Sodium (mg)					
<b>4/3</b>					<b>4/4</b>					<b>4/5</b>					<b>4/6</b>					<b>4/7</b>									
Country Fried Steak with Texas Toast	300	19	6	16	450	Chicken Fajita with Flour Tortilla	162	7	0.6	8	559	Hot Ham & Cheese Sub	319	8	3	41	1154	Golden Breaed Fish with Hamburger Bun	190	7	1	16	250	Salisbury Steak with Gravy with Dinner Roll	202	15	6	6	253
Chicken Nuggets with Biscuit	170	8	2	9	396	Hamburger Patty with Hamburger Bun	170	14	6	0	85	Cheese Pizza Slice	248	10	6	23	376	Barbecue Pork with Hamburger Bun	184	14	5	0	85	Meatball Sub	463	19	7.6	48	923
Buttered Carrots	34	0	0	8	102	California Vegetables	28	0	0	6	86	Steamed Broccoli	27	0	0	6	20	Carrot & Celery Nibbles with Ranch Dip	88	6	1	9	178	California Vegetables	28	0	0	6	86
Seasoned Green Beans	20	0	0	3	230	Seasoned Black Beans	134	0.6	0	26	160	Buttered Carrots	34	0	0	8	102	Cheesy Ranch Potatoes	115	4	2	17	178	Marinated Cucumber-Tomato Salad	21	0	0	5	317
Mashed Potatoes	90	1.5	0.5	17	139	Oven French Fries	80	2.5	0.5	13	190	Roasted Squash & Zucchini	31	0	0	6	92	Coleslaw	84	4.8	0.7	11	136	Mashed Potatoes	90	1.5	0.5	17	139
Fresh Apple	55	0	0	14	0	Salsa	30	0	0	7	158	Sandwich Trimmings	16	0	0	3	14	Baked Beans	150	1.5	0	29	590	Fresh Apple	55	0	0	14	0
Pineapple Tidbits	80	0	0	20	0	Taco Trimmings	4	0	0	1	2	Fresh Pear	96	0	0	23	0	Orange Smiles	62	0	0	15	0	Manager's Choice Fruit	110	3	1	19	115
						Banana	108	0	0	28	0	Fruit Cocktail	60	0	0	14	10	Manager's Choice Fruit											
						Orange Smiles	62	0	0	15	0																		
<b>4/10</b>					<b>4/11</b>					<b>4/12</b>					<b>4/13</b>					<b>4/14</b>	<b>No School</b>								
Italian Spaghetti w/ Meat Sauce with Garlic Texas Toast	291	7	2	36	624	Beef Taco Meat with Garlic Texas Toast	117	6	2	3	62	Clarksville Club with Flour Tortilla	334	14	8	30	805	Chicken Tetrazzini with Garlic Texas Toast	261	13	6	21	478						
Chicken Nuggets with Biscuit	170	8	2	9	396	Tasty BBQ Pork Rib Patty with Sub Bun	184	14	5	0	85	Pepperoni Pizza	300	12	5	35	660	Hamburger Patty with Hamburger Bun	170	14	6	0	85						
Fresh Tomato Wedges with Ranch Dip	16	0	0	3	0	Roasted Squash & Zucchini	31	0	0	6	92	Carrot & Celery Nibbles with Ranch Dip	88	6	1	9	178	Buttered Carrots	34	0	0	8	102						
Italian Vegetables	41	0	0	7	94	Seasoned Black Beans	134	0.6	0	26	160	Whole Kernel Corn	121	1	0	23	160	Oven French Fries	80	2.5	0.5	13	190						
Green Peas	87	0	0	15	152	California Vegetables	28	0	0	6	86	Roasted Broccoli	38	0	0	8	100	Marinated Cucumber-Tomato Salad	21	0	0	5	317						
Fresh Apple	55	0	0	14	0	Fresh Pico de Gallo	14	0	0	3	21	Sandwich Trimmings	16	0	0	3	14	Hamburger Trimmings	32	0	0	7	126						
Pineapple Tidbits	80	0	0	20	0	Taco Trimmings	4	0	0	1	2	Fresh Apple	55	0	0	14	0	Fresh Pear	96	0	0	23	0						
						Manager's Choice Fruit	62	0	0	15	0	Peach Slices	60	0	0	14	10	Cinnamon Roll	180	1	0.5	37	140						
						Orange Smiles	62	0	0	15	0																		
<b>4/17</b>					<b>4/18</b>					<b>4/19</b>					<b>4/20</b>					<b>4/21</b>									
Fiesta Mac with Garlic Texas Toast	252	11	4.6	24	693	Chicken Fajita with Flour Tortilla	162	7	1	8	559	Salisbury Steak with Gravy with Dinner Roll	202	15	6	6	253	Turkey & Ham Sub with Cheese	321	8	4	43	982	Personal Cheese Pizza	330	12	7	33	600
Chicken Nuggets with Biscuit	170	8	2	9	396	Beef Taco Meat with Flour Tortilla	117	6	2	3	62	Cheese Pizza Slice	248	10	6	23	376	Tuscan Chicken Salad Sub	461	17.4	3.1	54	748	Personal Pepperoni Pizza	310	10	3	35	470
Buttered Carrots	50	0	0	11	219	Roasted Squash & Zucchini	31	0	0	6	92	Pepperoni Pizza Slice	280	13	6	23	544	Bistro Salad	81	0	0	19	29	Manager's Choice Entrée					
Seasoned Green Beans	20	0	0	3	230	Refried Beans	144	1	0	24	515	Fresh Tomato Wedges with Ranch Dip	16	0	0	3	0	Broccoli, Carrot, and Tomato Nibbles with Ranch Dip	85	6	1	8	148	Carrot Nibbles with Ranch Dip	94	6	1	11	171
Whole Kernel Corn	121	1	0	23	160	Potato Smiles	163	5.6	0.6	25	225	Roasted Bell Peppers & Onions	51	2	0	7	3	Marinated Cucumber-Tomato Salad	21	0	0	5	317	Steamed Broccoli	27	0	0	6	20
Fresh Apple	55	0	0	14	0	Salsa	30	0	0	7	158	California Vegetables	28	0	0	6	86	Sandwich Trimmings	16	0	0	3	14	Oven French Fries	80	2.5	0.5	13	190
Pear Slices	60	0	0	14	5	Taco Trimmings	4	0	0	1	2	Mashed Potatoes	90	1.5	0.5	17	139	Chips	140	6	1	18	210	Manager's Choice Vegetable					
						Banana	108	0	0	28	0	Fresh Pear	96	0	0	23	0	Banana Split Fruit Salad	86	0	0	21	0	Rips Slush	60	0	0	15	20
						Peach Slices	60	0	0	14	10	Fruit Cocktail	60	0	0	14	10	Fresh Pear	96	0	0	23	0						
<b>4/24</b>					<b>4/25</b>					<b>4/26</b>					<b>4/27</b>					<b>4/28</b>									
Sloppy Joe with Hamburger Bun	145	6	2	9	202	Nacho Grande with Spanish Rice	384	19	4	37	528	Italian Spaghetti with Meat Sauce with Garlic Texas Toast	291	7	2	36	624	Barbecue Pork with Hamburger Bun	184	14	5	0	85	Hamburger Patty with Hamburger Bun	170	14	6	0	85
Country Fried Steak with Texas Toast	300	19	6	16	450	Chicken Nuggets with Biscuit	170	8	2	9	396	Cheese Pizza	300	11	5	35	580	Turkey & Cheese Sub	331	8	3	44	874	Personal Cheese Pizza	330	12	7	33	600
Fresh Tomato Wedges with Ranch Dip	16	0	0	3	0	Carrot Nibbles with Ranch Dip	94	6	1	11	171	Pepperoni Pizza	300	12	5	35	660	Carrot Nibbles with Ranch Dip	94	6	1	11	171	Personal Pepperoni Pizza	310	10	3	35	470
Roasted Bell Peppers & Onions	51	2	0	7	3	California Vegetables	28	0	0	6	86	Buttered Carrots	34	0	0	8	102	Marinated Cucumber-Tomato Salad	21	0	0	5	317	Manager's Choice Vegetable					
Turnip Greens	37	0	0	7	133	Mixed Beans	101	0	0	19	303	Steamed Broccoli	38	0	0	8	100	Roasted Squash & Zucchini	31	0	0	6	92	California Vegetables	28	0	0	6	86
Mashed Potatoes	90	1.5	0.5	17	139	Fresh Pico de Gallo	14	0	0	3	21	Whole Kernel Corn	121	1	0	23	160	Baked Beans	150	1.5	0	29	590	Potato Smiles	163	5.6	0.6	25	225
Fresh Apple	55	0	0	14	0	Taco Trimmings	4	0	0	1	2	Orange Smiles	62	0	0	15	0	Sandwich Trimmings	16	0	0	3	14	Hamburger Trimmings	32	0	0	7	126
Pear Slices	60	0	0	14	5	Banana	108	0	0	28	0	Manager's Choice Fruit						Fresh Apple	55	0	0	14	0	Fresh Pear	96	0	0	23	0
						Peach Slices	60	0	0	14	10							Fruit Cocktail	60	0	0	14	10	Fruited Gelatin	183	2	2	40	143

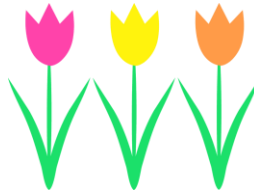
**Help yourself to delicious fruits and vegetables!**

**In order to count as a reimbursable meal, each student must have 1/2 cup fruit or vegetable on their tray.**

**Lunch Prices:**

**Elementary Full Pay: \$2.55  
Middle/High Full Pay: \$2.75  
Approved Reduced: \$0.40  
Adults/Visitors: \$3.40**

**A la Carte 1/2 Pint Milk: \$0.50 each, any flavor.**



**Choice of Fresh Fruit or 100% Juice, Crisp Side Salad, and a variety of Milk offered each day at Breakfast and Lunch!  
PB&J Sandwich Offered as an Entrée Option at Lunch Daily.  
\*This institution is an equal opportunity provider.\***

Disclaimer: The nutrition information provided is an estimate of the nutrition content within the menu items, and therefore should be used for general information only. Due to product substitutions and changes, nutrition content may vary. Please contact the cafeteria manager if you need additional information.