

August 2017 Pre-K & Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 No School	2 No School	3 No School	4 No School
7 Half Day <i>Breakfast & Lunch will not be served</i>	8 No School	9 Deep Dish Cheese Pizza Deep Dish Pepperoni Pizza Hamburger with Bun Rockin' Broccoli Carrot Nibbles with Ranch Dip Oven French Fries Rips 100% Juice Slush	10 Pulled Pork BBQ with Bun Meatball Sub Green Bell Peppers & Tomato Wedges w/ Ranch Dip Buttered Carrots Baked Beans Cheesy Ranch Potatoes Zesty Coleslaw Orange Smiles Sweet Pineapple Tidbits	11 Hot Dog with Hot Dog Bun Chili con Carne with Cheese Toast California Blend Vegetables Carrot & Celery Nibbles with Ranch Dip Oven Fried Potatoes Marinated Cucumber- Tomato Salad Cinnamon Roll
14 Homestyle Chicken Nuggets with Biscuit Sloppy Joe with Bun Roasted Broccoli Buttered Carrots Oven French Fries Fresh Apple Chilled Pear Slices	15 Nacho Grande Baja Chicken Cantina Nachos Fresh Pico de Gallo California Blend Vegetables Mixed Beans Carrot Nibbles with Ranch Dip Mexican Rice Fresh Banana Chilled Peach Slices	16 Country Fried Steak with Texas Toast Cheese Pizza Pepperoni Pizza Zesty Steamed Broccoli Roasted Bell Peppers & Onion Tomato Wedges w/ Ranch Dip Mashed Potatoes Fresh Melon Sweet Pineapple Tidbits	17 Golden Breaded Fish Sticks with Sub Bun Tasty BBQ Pork Rib Patty with Sub Bun Seasoned Green Beans Whole Kernel Corn Sweet Potato Casserole Orange Smiles Applesauce	18 Italian Spaghetti & Meat Sauce with Garlic Texas Toast Crispy Popcorn Chicken with Garlic Texas Toast Sweet Peas & Carrots Roasted Squash & Zucchini Marinated Cucumber- Tomato Salad Fresh Pears Fruited Gelatin
21 No School	22 Oven Roasted Chicken Fajita with Flour Tortilla Beef Taco with Flour Tortilla Salsa California Blend Vegetables Mexican Style Street Corn Cheesy Refried Beans Orange Smiles Fresh Banana	23 Chicken Tetrizzini with Garlic Texas Toast Cheese Pizza Slice Pepperoni Pizza Slice Italian Blend Vegetables Seasoned Green Beans Carrot Nibbles with Ranch Dip Fresh Apple Chilled Fruit Cocktail	24 Turkey & Turkey Ham Sub Tuscan Chicken Salad with Bun Broccoli, Carrot, & Tomato Nibbles w/ Ranch Bistro Salad Marinated Cucumber- Tomato Salad Fresh Whole Peaches Banana Split Fruit Salad Cookie	25 Golden Breaded Fish with Bun Pulled Pork BBQ with Bun Antigua Blend Vegetables Zesty Coleslaw Baked Beans Orange Smiles Applesauce
28 Italian Spaghetti & Meat Sauce with Garlic Texas Toast Homestyle Chicken Nuggets with Biscuit Italian Blend Vegetables Sweet Green Peas Tomato Wedges w/ Ranch Dip Fresh Apple Sweet Pineapple Tidbits	29 Nacho Grande Baja Chicken Cantina Nachos Fresh Pico de Gallo California Blend Vegetables Seasoned Black Beans Mexican Rice Orange Smiles Fresh Banana	30 Clarksville Club Cheese Pizza Pepperoni Pizza Zesty Steamed Broccoli Whole Kernel Corn Carrot & Celery Nibbles with Ranch Dip Fresh Apple Mandarin Oranges	31 Kick n' Chicken BBQ with Bun Country Fried Steak with Texas Toast Buttered Carrots Black-eyed Peas Mashed Potatoes Fresh Pears Chilled Peach Slices	

Lunch Prices: Elementary Full Pay \$2.65 • Middle/High Full Pay \$2.85 • Approved Reduced \$0.40 • Adults/Visitors \$3.50

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

Choice of fresh fruit, 100% juice, crisp side salad, and a variety of milk are offered daily!

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.

PB&J Sandwich offered as an entree option at lunch daily.

Nutrition information is available on page 2 • This institution is an equal opportunity provider.

August 2017 Pre-K & Elementary Lunch Menu Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)
	1	2	3	4
	No School	No School	No School	No School
7	8	9	10	11
Half Day <i>Breakfast & Lunch will not be served</i>	No School	Deep Dish Cheese Pizza 330 12 7 33 600 Deep Dish Pepperoni Pizza 310 10 3 35 470 Hamburger with Bun 170 14 6 0 85 Rockin' Broccoli 24 2 0.2 2 49 Carrot Nibbles with Ranch Dip 85 5 1 8 160 Oven French Fries 80 2.5 0.5 13 190 Rips 100% Juice Slush 60 0 0 15 25	Pulled Pork BBQ with Bun 130 6 2 2 261 Meatball Sub 130 2 0 25 125 Green Bell Peppers & Tomato Wedges w/ Ranch Dip 393 19 7 34 798 Buttered Carrots 75 5 1 5 122 Baked Beans 34 0 0 8 102 Cheesy Ranch Potatoes 150 1.5 0 29 590 Zesty Coleslaw 116 4 2 17 178 Orange Smiles 87 5 1 11 149 Sweet Pineapple Tidbits 62 0 0 15 0 80 0 0 20 0	Hot Dog with Hot Dog Bun 180 16 6 3 590 Chili con Carne with Cheese Toast 130 2 0 25 125 California Blend Vegetables 147 5 2 12 235 Carrot & Celery Nibbles with Ranch Dip 28 0 0 6 43 Oven Fried Potatoes 180 5.5 2.5 23 520 Marinated Cucumber-Tomato Salad 79 5 1 6 167 Cinnamon Roll 135 4 1 23 377 21 0 0 5 317 113 0.5 0 25 70
14	15	16	17	18
Homestyle Chicken Nuggets with Biscuit 170 8 2 9 396 Sloppy Joe with Bun 250 12 6 31 490 Roasted Broccoli 144 6 2 9 231 Buttered Carrots 130 2 0 25 125 Oven French Fries 38 0 0 8 100 Fresh Apple 34 0 0 8 102 Chilled Pear Slices 80 2.5 0.5 13 190 55 0 0 14 0 60 0 0 14 5	Nacho Grande 413 19 4 42 549 Baja Chicken Cantina Nachos 404 20 2.5 37 1049 Fresh Pico de Gallo 14 0 0 3 21 California Blend Vegetables 28 0 0 6 43 Mixed Beans 101 0 0 19 303 Carrot Nibbles with Ranch Dip 85 5 1 8 160 Mexican Rice 101 0 0 19 303 Fresh Banana 108 0 0 28 0 Chilled Peach Slices 60 0 0 14 10	Country Fried Steak with Texas Toast 300 19 6 16 450 Cheese Pizza 110 1.5 0 20 170 Pepperoni Pizza 300 11 5 33 440 Zesty Steamed Broccoli 335 14 6 33 555 Roasted Bell Peppers & Onion 35 0 0 7 20 Tomato Wedges w/ Ranch Dip 51 2 0 7 3 Mashed Potatoes 77 5 1 5 123 Fresh Melon 107 4 1.6 16 137 Sweet Pineapple Tidbits 37 0 0 9 12 80 0 0 20 0	Golden Brealed Fish Sticks with Sub Bun 230 9 1.5 23 320 Tasty BBQ Pork Rib Patty with Sub Bun 130 2 0 25 125 Seasoned Green Beans 170 10 3.5 6 400 Whole Kernel Corn 130 2 0 25 125 Sweet Potato Casserole 20 0 0 3 230 Orange Smiles 106 1 0 20 44 Applesauce 285 3.5 1.6 61 180 62 0 0 15 0 50 0 0 13 10	Italian Spaghetti & Meat Sauce with Garlic Texas Toast 291 7 2 36 341 Crispy Popcorn Chicken with Garlic Texas Toast 110 1.5 0 20 170 Sweet Peas & Carrots 207 11 2 13 400 Roasted Squash & Zucchini 110 1.5 0 20 170 Marinated Cucumber-Tomato Salad 68 0 0 12 112 Fresh Pears 32 0 0 6 92 Fruited Gelatin 21 0 0 5 317 183 2 2 40 143
21	22	23	24	25
No School	Oven Roasted Chicken Fajita with Flour Tortilla 137 7 1 3 583 Beef Taco with Flour Tortilla 90 2.5 1.5 15 75 Salsa 146 6 2 8 83 California Blend Vegetables 90 2.5 1.5 15 75 Mexican Style Street Corn 37 0 0 8 181 Cheesy Refried Beans 28 0 0 6 43 Orange Smiles 142 4 1 21 63 Fresh Banana 182 6 3 22 531 62 0 0 15 0 108 0 0 28 0	Chicken Tetrizzini with Garlic Texas Toast 262 13 6 22 478 Cheese Pizza Slice 110 1.5 0 20 170 Pepperoni Pizza Slice 248 10 6 23 376 Italian Blend Vegetables 274 13 6 23 463 Seasoned Green Beans 41 0 0 7 51 Carrot Nibbles with Ranch Dip 20 0 0 3 230 Fresh Apple 85 5 1 8 160 Chilled Fruit Cocktail 55 0 0 14 0 60 0 0 14 10	Turkey & Turkey Ham Sub 251 8 3 29 857 Tuscan Chicken Salad with Bun 261 15 3 15 498 Broccoli, Carrot, & Tomato Nibbles w/ Ranch 130 2 0 25 125 Bistro Salad 77 5 1 6 138 Marinated Cucumber-Tomato Salad 81 0 0 19 29 Fresh Whole Peaches 21 0 0 5 317 Banana Split Fruit Salad 39 0 0 10 0 Cookie 86 0 0 21 1 160 5 1.5 26 120	Golden Brealed Fish with Bun 190 7 1 16 250 Pulled Pork BBQ with Bun 130 6 2 2 261 Antigua Blend Vegetables 130 2 0 25 125 Zesty Coleslaw 30 0 0 5 72 Baked Beans 87 5 1 11 149 Orange Smiles 150 1.5 0 29 590 Applesauce 62 0 0 15 0 50 0 0 13 10
28	29	30	31	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.
Italian Spaghetti & Meat Sauce with Garlic Texas Toast 291 7 2 36 341 Homestyle Chicken Nuggets with Biscuit 170 8 2 9 396 Italian Blend Vegetables 250 12 6 31 490 Sweet Green Peas 41 0 0 7 51 Tomato Wedges w/ Ranch Dip 77 0 0 15 152 Fresh Apple 87 5 1 5 123 Sweet Pineapple Tidbits 55 0 0 14 0 80 0 0 20 0	Nacho Grande 413 19 4 42 549 Baja Chicken Cantina Nachos 404 20 2.5 37 1049 Fresh Pico de Gallo 14 0 0 3 21 California Blend Vegetables 28 0 0 6 43 Seasoned Black Beans 134 1 0 26 160 Mexican Rice 101 0 0 19 303 Orange Smiles 62 0 0 15 0 Fresh Banana 108 0 0 28 0	Clarksville Club 414 16 8 42 946 Cheese Pizza 300 11 5 33 440 Pepperoni Pizza 335 14 6 33 555 Zesty Steamed Broccoli 35 0 0 7 20 Whole Kernel Corn 106 1 0 20 44 Carrot & Celery Nibbles with Ranch Dip 79 5 1 6 167 Fresh Apple 55 0 0 14 0 Mandarin Oranges 52 0 0 13 5	Kick n' Chicken BBQ with Bun 140 2.7 0 14 1063 Country Fried Steak with Texas Toast 130 2 0 25 125 Buttered Carrots 300 19 6 16 450 Black-eyed Peas 110 1.5 0 20 170 Mashed Potatoes 34 0 0 8 102 Fresh Pears 75 0 0 15 480 Chilled Peach Slices 107 4 1.6 16 137 63 0 0 3 1 60 0 0 14 10	

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