

# September 2017 Pre-K & Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Orange Chicken with Rice Hamburger with Bun Antigua Blend Vegetables Marinated Cucumber-Tomato Salad Oven French Fries Orange Smiles Baked Apples
<b>Labor Day</b> No School	<b>5</b> Oven Roasted Chicken Fajita with Flour Tortilla Beef Taco with Flour Tortilla Salsa Whole Kernel Corn Antigua Blend Vegetables Cheesy Refried Beans Fresh Apple Mandarin Oranges	<b>6</b> Salisbury Steak with Gravy with Dinner Roll Cheese Pizza Slice Pepperoni Pizza Slice Rockin' Broccoli Roasted Bell Peppers & Onion Mashed Potatoes Fresh Strawberries Manager's Choice Fruit	<b>7</b> Pulled Pork BBQ with Bun Meatball Sub Green Bell Peppers & Tomato Wedges w/ Ranch Dip Buttered Carrots Mashed Potatoes Cheesy Ranch Potatoes Zesty Coleslaw Orange Smiles Sweet Pineapple Tidbits	<b>8</b> 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 Fresh Apple Chilled Fruit Cocktail Cinnamon Roll
<b>11</b> Homestyle Chicken Nuggets with Biscuit Sloppy Joe with Bun Roasted Broccoli Glazed Carrots Oven French Fries Fresh Apple Chilled Pear Slices	<b>12</b> 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	<b>13</b> 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	<b>14</b> 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	<b>15</b> 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
<b>18</b> Homestyle Chicken Nuggets with Biscuit Hamburger with Bun Buttered Carrots Rockin' Broccoli Oven French Fries Fresh Apple Sweet Pineapple Tidbits	<b>19</b> 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	<b>20</b> Chicken Tetrazzini with Garlic Texas Toast Cheese Pizza Pepperoni Pizza Slice Italian Blend Vegetables Seasoned Green Beans Carrot Nibbles with Ranch Dip Fresh Apple Manager's Choice Fruit	<b>21</b> Turkey & Turkey Ham Sub Tuscan Chicken Salad with Bun Broccoli, Carrot, & Tomato Nibbles w/ Ranch Bistro Salad Marinated Cucumber-Tomato Salad Fresh Pears Banana Split Fruit Salad Cookie	<b>22</b> Deep Dish Cheese Pizza Deep Dish Pepperoni Pizza Manager's Choice Entrée Zesty Steamed Broccoli Carrot Nibbles with Ranch Dip Potato Smiles Manager's Choice Vegetable Rips 100% Juice Slush
<b>25</b> 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	<b>26</b> Nacho Grande Baja Chicken Cantina Nachos Fresh Pico de Gallo California Blend Vegetables Seasoned Black Beans Mexican Rice Orange Smiles Fresh Banana	<b>27</b> Clarksville Club Cheese Pizza Pepperoni Pizza Zesty Steamed Broccoli Carrot & Celery Nibbles with Ranch Dip Manager's Choice Vegetable Fresh Apple Mandarin Oranges	<b>28</b> Kick n' Chicken BBQ with Bun Country Fried Steak with Texas Toast Glazed Carrots Black-eyed Peas Mashed Potatoes Fresh Pears Chilled Peach Slices	<b>29</b> Orange Chicken with Rice Hamburger with Bun Antigua Blend Vegetables Marinated Cucumber-Tomato Salad Oven French Fries Orange Smiles Baked Apples

**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.**

# September 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)
			<b>Disclaimer:</b> 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.	<b>1</b> Orange Chicken with Rice 257 11 2 24 510 Hamburger with Bun 120 0 0 26 100 Antigua Blend Vegetables 170 14 6 0 85 Marinated Cucumber-Tomato Salad 130 2 0 25 125 Oven French Fries 30 0 0 5 72 Orange Smiles 21 0 0 5 317 Baked Apples 80 2.5 0.5 13 190 Baked Apples 62 0 0 15 0 Baked Apples 80 0 0 20 27
<b>4</b>  <div style="text-align: center;"><b>Labor Day</b> <i>No School</i></div>	<b>5</b> 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 Whole Kernel Corn 90 2.5 1.5 15 75 Antigua Blend Vegetables 37 0 0 8 181 Cheesy Refried Beans 106 1 0 20 44 Fresh Apple 30 0 0 5 72 Mandarin Oranges 182 6 3 22 531 Fresh Apple 55 0 0 14 0 Mandarin Oranges 52 0 0 13 5	<b>6</b> Salisbury Steak with Gravy with Dinner Roll 202 15 6 6 253 Cheese Pizza Slice 140 2.5 1 32 80 Pepperoni Pizza Slice 248 10 6 23 376 Rockin' Broccoli 274 13 6 23 463 Roasted Bell Peppers & Onion 24 2 0.2 2 49 Mashed Potatoes 51 2 0 7 3 Fresh Strawberries 107 4 1.6 16 137 Manager's Choice Fruit 28 0 0 7 0	<b>7</b> 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 Sweet Pineapple Tidbits 80 0 0 20 0	<b>8</b> Hot Dog 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 180 5.5 2.5 23 520 Oven Fried Potatoes 28 0 0 6 43 Marinated Cucumber-Tomato Salad 79 5 1 6 167 Fresh Apple 135 4 1 23 377 Chilled Fruit Cocktail 21 0 0 5 317 Cinnamon Roll 55 0 0 14 0 Cinnamon Roll 60 0 0 14 10 Cinnamon Roll 113 0.5 0 25 70
<b>11</b> 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 Glazed Carrots 130 2 0 25 125 Oven French Fries 38 0 0 8 100 Fresh Apple 62 0.6 0 15 78 Chilled Pear Slices 80 2.5 0.5 13 190 Chilled Pear Slices 55 0 0 14 0 Chilled Pear Slices 60 0 0 14 5	<b>12</b> Nacho Grande 413 19 4 42 549 Fresh Pico de Gallo 404 20 2.5 37 1049 California Blend Vegetables 14 0 0 3 21 Mixed Beans 28 0 0 6 43 Carrot Nibbles with Ranch Dip 101 0 0 19 303 Mexican Rice 85 5 1 8 160 Fresh Banana 101 0 0 19 303 Chilled Peach Slices 108 0 0 28 0 Chilled Peach Slices 60 0 0 14 10	<b>13</b> 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 Sweet Pineapple Tidbits 80 0 0 20 0	<b>14</b> Golden Breaded 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 20 0 0 3 230 Sweet Potato Casserole 106 1 0 20 44 Orange Smiles 285 3.5 1.6 61 180 Applesauce 62 0 0 15 0 Applesauce 50 0 0 13 10	<b>15</b> 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 3 122 Fresh Pears 32 0 0 6 92 Fruited Gelatin 21 0 0 5 317 Fruited Gelatin 63 0 0 3 1 Fruited Gelatin 183 2 2 40 143
<b>18</b> Homestyle Chicken Nuggets with Biscuit 170 8 2 9 396 Hamburger with Bun 250 12 6 31 490 Buttered Carrots 170 14 6 0 85 Rockin' Broccoli 130 2 0 25 125 Oven French Fries 34 0 0 8 102 Fresh Apple 24 2 0.2 2 49 Sweet Pineapple Tidbits 80 2.5 0.5 13 190 Sweet Pineapple Tidbits 55 0 0 14 0 Sweet Pineapple Tidbits 80 0 0 20 0	<b>19</b> 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 Orange Smiles 62 0 0 15 0 Fresh Banana 108 0 0 28 0	<b>20</b> Chicken Tetrizzini with Garlic Texas Toast 262 13 6 22 478 Cheese Pizza Slice 110 1.5 0 20 170 Italian Blend Vegetables 248 10 6 23 376 Seasoned Green Beans 274 13 6 23 463 Carrot & Celery Nibbles with Ranch Dip 41 0 0 7 51 Manager's Choice Vegetable 20 0 0 3 230 Fresh Apple 85 5 1 8 160 Manager's Choice Fruit 55 0 0 14 0	<b>21</b> 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 Pears 21 0 0 5 317 Banana Split Fruit Salad 63 0 0 3 1 Cookie 86 0 0 21 1 Cookie 160 5 1.5 26 120	<b>22</b> Deep Dish Cheese Pizza 330 12 7 33 600 Deep Dish Pepperoni Pizza with Manager's Choice Entrée 310 10 3 35 470 Zesty Steamed Broccoli 35 0 0 7 20 Carrot Nibbles with Ranch Dip 85 5 1 8 160 Manager's Choice Vegetable 130 4.5 0.5 20 180 Rips 100% Juice Slush 60 0 0 15 25
<b>25</b> Italian Spaghetti & Meat Sauce with Garlic Texas Toast 291 7 2 36 341 Homestyle Chicken Nuggets with Biscuit 110 1.5 0 20 170 Italian Blend Vegetables 170 8 2 9 396 Sweet Green Peas 250 12 6 31 490 Tomato Wedges w/ Ranch Dip 41 0 0 7 51 Fresh Apple 87 0 0 15 152 Sweet Pineapple Tidbits 77 5 1 5 123	<b>26</b> Nacho Grande 413 19 4 42 549 Fresh Pico de Gallo 404 20 2.5 37 1049 California Blend Vegetables 14 0 0 3 21 Seasoned Black Beans 28 0 0 6 43 Mexican Rice 134 1 0 26 160 Orange Smiles 101 0 0 19 303 Fresh Banana 62 0 0 15 0	<b>27</b> Clarksville Club 414 16 8 42 946 Pepperoni Pizza 300 11 5 33 440 Zesty Steamed Broccoli 335 14 6 33 555 Carrot & Celery Nibbles with Ranch Dip 35 0 0 7 20 Manager's Choice Vegetable 79 5 1 6 167 Fresh Apple 55 0 0 14 0 Mandarin Oranges 52 0 0 13 5	<b>28</b> Kick n' Chicken BBQ with Bun 140 2.7 0 14 1063 Country Fried Steak with Texas Toast 130 2 0 25 125 Glazed Carrots 300 19 6 16 450 Black-eyed Peas 110 1.5 0 20 170 Mashed Potatoes 62 0.6 0 15 78 Fresh Pears 75 0 0 15 480 Chilled Peach Slices 107 4 1.6 16 137 Chilled Peach Slices 63 0 0 3 1 Chilled Peach Slices 60 0 0 14 10	<b>29</b> Orange Chicken with Rice 257 11 2 24 510 Hamburger with Bun 120 0 0 26 100 Antigua Blend Vegetables 170 14 6 0 85 Marinated Cucumber-Tomato Salad 130 2 0 25 125 Oven French Fries 30 0 0 5 72 Orange Smiles 21 0 0 5 317 Baked Apples 80 2.5 0.5 13 190 Baked Apples 62 0 0 15 0 Baked Apples 80 0 0 20 27

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