



Satellite Site Lunch Menu August - September





What makes a complete meal?
 - 3 of the 5 components
 - At least 1/2 cup serving of fruit or 1/2 cup of vegetable

What is a Component?
 Meat or Meat Alternate
 Grain/Bread
 Choice of Vegetable
 Choice of Fruit
 Choice of Milk
 (Skim, 1% white, and fat-free chocolate)

Daily Fruit Selections May Include:
 (varies seasonally)
 oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Other Meal Options May Include:
 Ham and Cheese Hoagie
 Turkey and Cheese Hoagie

	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
	Hot Ham and Cheese on a Pretzel Roll Baby Carrots Fruit Milk	Tacos on a Soft Tortilla Baked Beans Fruit Milk	Cheeseburger on a Bun French Fries Fruit Milk	Popcorn Chicken with a Dinner Roll Steamed Broccoli Fruit Milk	Cheese or Pepperoni Pizza Green Beans Fruit Milk
	2 NO SCHOOL 	3 Meatball and Cheese Hoagie Green Beans Fruit Milk	4 Hot Dog On a Roll Baked Beans Fruit Milk	5 French Toast Sticks with Sausage Patties Tater Tots Fruit Milk	6 Toasted Cheese Sandwich Tomato Soup Fruit Milk
	9 Bacon Cheeseburger on a Bun Steamed Carrots Fruit Milk	10 Tacos on a Soft Tortilla Baked Beans Fruit Milk	11 Chicken & Mashed Potato with a Dinner Roll Steamed Corn Fruit Milk	12 Pasta with Meat Sauce Italian Salad Fruit Milk	13 Cheese Pizza Sticks with Dipping Sauce Steamed Broccoli Fruit Milk
	16 Chicken Nuggets with a Dinner Roll Steamed Carrots Fruit Milk	17 Loaded Nachos with Tortilla Chips Baked Beans Fruit Milk	18 Chicken Patty on a Bun French Fries Fruit Milk	19 Meatball Hoagie Caesar Salad Fruit Milk	20 No School In Service 
	23 Popcorn Chicken with a Dinner Roll Green Beans Fruit Milk	24 Walking Taco with a Dinner Roll Baked Beans Fruit Milk	25 Cheeseburger on a Bun French Fries Fruit Milk	26 Hot Dog on a Bun Steamed Broccoli Fruit Milk	27 Toasted Cheese Sandwich Tomato Soup Fruit Milk



Lunch Prices:
 Student \$2.05
 Reduced \$.40
 Adult \$3.05

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