


# Victoria Public School ELEM Menu September 2019

\*Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>2</p>	<p>3</p> <p>Steak Fingers Macaroni &amp; Cheese Broccoli Mashed Potatoes Pears w/ Cherries Gravy</p>	<p>4</p> <p>Spaghetti w/ Meat Sauce Toasted Ham &amp; Cheese Croissant Green Peas Tossed Salad Fruit Cocktail</p>	<p>5</p> <p>Chicken Fajita Bean &amp; Cheese Burrito Spanish Rice Refried Beans Mexican Plate Salad Pico Watermelon</p>	<p>6</p> <p>Sunbutter &amp; Jelly Sandwich w/ Mozzarella String Hot Dog on a Bun Doritos Corn Cherry Tomato w/ Celery Sticks Fresh Fruit Salad</p>
<p>9</p> <p>Sweet &amp; Sour Chicken Corn Dog Seasoned Rice Oriental Vegetable Blend Corn Peaches</p>	<p>10</p> <p>Chicken Nuggets Sloppy Joe on a Bun French Fries Green Peas Apricots Chocolate Chip Cookie</p>	<p>11</p> <p>Lasagna Pizza Minis Broccoli Steamed Carrots Spinach Salad Juice</p>	<p>12</p> <p>Tostadas Tamales Spanish Rice Pinto Beans Mexican Plate Salad Pico Pineapples</p>	<p>13</p> <p>Cheeseburger Pocket Meatloaf Sweet Potato Fries Tossed Salad Fruit Cocktail Roll</p>
<p>16</p> <p>Chicken Fried Steak Chicken Nuggets Mashed Potatoes Green Beans Orange Smiles Gravy</p>	<p>17</p> <p>Hamburger Beans &amp; Franks Burger Salad Sweet Potato Fries Candied Apples Roll</p>	<p>18</p> <p>Pizza Pocket Mozzarella Sticks Broccoli Corn Tossed Salad Rosy Applesauce Pizza Sauce</p>	<p>19</p> <p>Enchiladas Bean &amp; Cheese Burrito Spanish Rice Refried Beans Mexican Plate Salad Pico Peaches</p>	<p>20</p> <p>Ham &amp; Cheese Breakfast Frittata Spicy Chicken Tenders Cucumber Salad Cherry Tomato w/ Celery Sticks Fresh Fruit Salad Roll</p>
<p>23</p> <p>Orange Chicken Hot Dog on a Bun Seasoned Rice Oriental Vegetable Blend Corn Cobbette Pineapples</p>	<p>24</p> <p>Corn Chip Pie Beef BBQ Sandwich Kidney Beans Baby Carrots Strawberry &amp; Banana Salad</p>	<p>25</p> <p>Pepperoni Pizza Chicken Spaghetti Zucchini Coins Broccoli Spinach Salad Apricots <i>Happy Birthday!</i> Rice Krispies Treat</p>	<p>26</p> <p>Bean &amp; Cheese Burrito Taco Salad Spanish Rice Pinto Beans Mexican Plate Salad Pico Pears w/ Cherries</p>	<p>27</p> <p>Cheeseburger Fish Tacos Sweet Potato Fries Coleslaw Burger Salad Fruit Cocktail</p>




**MILK &  
FRESH  
FRUIT  
SERVED  
DAILY**

\* Milk and Fresh Fruit Served Daily.

\*\* Appropriate Condiments Served Daily.

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## Breakfast for September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	3 Scrambled Eggs w/ Pancake OR Cereal Juice OR Fresh Fruit Milk	4 Pancake on a Stick OR Cereal Applesauce OR Fresh Fruit Milk	5 Waffles OR Cereal Fruit Cocktail OR Fresh Fruit Milk	6 Scrambled Eggs w/ Toasted Bagel OR Cereal Blueberries OR Fresh Fruit Milk
9 Breakfast Pizza OR Cereal Fruit Cocktail OR Fresh Fruit Milk	10 Scrambled Eggs w/ Toast OR Cereal Pears w/ Cherries OR Fresh Fruit Milk	11 Banana Bread w/ Sausage Link OR Cereal Blueberries OR Fresh Fruit Milk	12 Pancakes OR Cereal Apricots OR Fresh Fruit Milk	13 Sausage Roll OR Cereal Pineapples OR Fresh Fruit Milk
16 Chocolate Muffin w/ Sausage Link OR Cereal Apricots OR Fresh Fruit Milk	17 Scrambled Eggs w/ Waffle OR Cereal Peaches OR Fresh Fruit Milk	18 Oatmeal w/ Sausage Patty OR Cereal Strawberries & Fruit OR Fresh Fruit Milk	19 Donut Holes OR Cereal Juice OR Fresh Fruit Milk	20 Egg & Cheese Sandwich OR Cereal Orange Smiles OR Fresh Fruit Milk
23 Saus-A-Rage OR Cereal Peaches OR Fresh Fruit Milk	24 Scrambled Eggs w/ Toast OR Cereal Orange Smiles OR Fresh Fruit Milk	25 Breakfast Pizza OR Cereal Pears w/ Cherries OR Fresh Fruit Milk	26 Cinnamon Roll OR Cereal Applesauce OR Fresh Fruit Milk	27 Pancakes OR Cereal Strawberries & Fruit OR Fresh Fruit Milk

**Free Breakfast** for the following schools: Crain, Dudley, Hopkins, O'Connor, Patti Welder, Shields, Torres & DAEP/Mitchell

### Fruit of The Month: Blackberries!

Blackberries belong to the berry family and are known to have the highest antioxidant concentration amongst all the berries. Blackberries are also packed with nutrients such as vitamins, minerals, and fiber. They are known to aid in bone, skin, heart, and digestive health. Do not wash the berries until you are ready to eat them. Once washed, they make a healthy and nutritious snack.



### SEPTEMBER IS "BETTER BREAKFAST MONTH."

Breakfast tells your body to "break" the "fast" and get your body ready for the day. Breakfast gives the body energy and gets your brain functioning.



### Meal Prices

#### Breakfast

Student - \$1.60  
Student Reduced - \$0.30  
Adult - \$2.15

#### Lunch

Student Pd Elementary - \$2.65  
Student Pd Secondary- \$3.00  
Student Reduced - \$0.40  
Adult - \$3.65

Iced Tea - \$0.75  
Entrée - \$2.75  
Vegetable - \$0.75  
Fruit - \$0.85  
Breads - \$0.75  
Milk - \$0.75  
Muffin - \$1.25

#### À la carte

100 cal. Snacks - \$0.60  
Baked Chips - \$1.00  
Goldfish - \$0.75  
Cookies - \$0.50  
Bottled Water - \$1.00  
Soup - \$2.50