

K-8 September 2017 Menu for Elementary

Sweet Home School District 55
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**September 5- First Day of School!**  
 ~ Welcome Back!!! ~



**LUNCH PRICES:**  
 Elem—FREE/2nd meal—\$2.20  
 J.H..... \$2.45 H.S..... \$2.70  
 Adult—\$3.70 Reduced..... \$ .00  
 Breakfast...No Charge!!!  
 Extra milk— .40

**Fresh Fruits and Vegetables offered everyday!**  
**Required:** Each plate must have at least 1/2 cup of fruit or a combination of fruit & vegetable to make it a reimbursable meal.

**FREE BREAKFAST & LUNCH FOR ALL ELEMENTARY STUDENTS IN SWEET HOME SCHOOL DISTRICT.** This year Sweet Home School District Elementary schools are qualified to participate in a new program funded by USDA called the **Community Eligibility Program**. There is no application necessary for your elementary age children.  
 Extra Milk may be purchased for .40 cents. **However an inexpensive alternative for those that prefer to pack their own lunches: Encourage your student to go to the salad bar, select a fruit and a vegetable along with milk. This constitutes a reimbursable lunch and makes your milk and other items free.** Because we are operating as Offer vs Serve, students are only required to take 3 of the 5 items offered to make a reimbursable lunch.

**AVAILABILITY**  
 WE MAKE EVERY EFFORT TO HAVE ALL MENUED ITEMS AVAILABLE EACH DAY. However, due to forecasting, cost controls, & efforts to control waste, some food items may run out by the time your child makes his/her selections. Should your child not receive their desired item, they can ask for an alternate choice. We apologize for the inconvenience.

Fresh and/or canned fruits and fresh vegetables are available each day, along with a variety of low fat or non fat milk.

Please note that when following the Traditional Meal Pattern, 5 food items will be offered: meat or meat alternative; liquid milk; grains/bread; and 1 serving each of vegetables and fruit. With Offer vs. Serve, each child must select at least 3 of the 5 items to make a reimbursable meal. One item selected must be at least 1/2 cup fruit/vegetable.

Please note that we are required to serve 51% whole grain rich breads and pastas this school year. We continue to eliminate foods containing trans fats and high fructose syrup. Our menu changes comply with USDA regulations such as lower sodium content and serving vegetable subgroups.

**THIS MENU IS SUBJECT TO CHANGE, DEPENDING UPON AVAILABILITY OF MENU ITEMS.**

| Monday                                                                                                                                                                  | Tuesday                                                              | Wednesday                                                                                              | Thursday                                                                           | Friday                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| 4<br>Labor Day Holiday!<br>No School!<br>                                              | 5<br>Cheese Filled Breadsticks<br>with<br>Pizza Dipping Sauce        | 6<br>Chicken Mashed Potato Bowls<br>w/ a Biscuit                                                       | 7<br>Beef Ravioli Or Bean & Cheese Burrito                                         | 8<br>Hamburger in WG Bun<br>Burger Toppings Salad Bar<br>Berry Crumble    |
| 11<br>Chicken Bites & Goldfish Crackers                                                                                                                                 | 12<br>Stacked Enchiladas Or Mini Corn dogs                           | 13<br>Mini Cheese Pizzas                                                                               | 14<br>Teriyaki BBQ Chicken With Asian Rice<br>Ramen Noodle Salad<br>Choco-Chippers | 15<br>Breakfast Sandwich Or Breakfast on a Stick<br>Yogurt Salad Bar      |
| 18<br>Chicken Sandwich<br>                                                             | 19<br>Soft Tacos ~~~~<br>Black Bean Salad<br>Fresh Taco Toppings Bar | 20<br>Ham n Cheese Deli Or PBJ Uncrustable & Yogurt Cup                                                | 26<br>Chicken-Bacon, Broccoli Rice Bake Or Toasty Cheese Bread                     | 27<br>All Beef Hot Dog In Bun<br>Baked Beans<br>WG Brownies               |
| 25<br>Popcorn Chicken W/ Wg Blueberry Muffin                                                                                                                            | 26<br>Nachos<br>Fiesta Salad Bar                                     | 27<br>Chicken Salad Sandwich Or PBJ Graham Cracker & Cheese Stick                                      | 28<br>Tater Tot Casserole & Breadstick Or Chicken Cheese Quesadilla                | 29<br>Corn Dog Or Chuck wagon Chili w/ Cheezits<br>Jubilee Jumble Cookies |
|   |                                                                      | <p><b>**USDA &amp; SWEET HOME SCHOOL DISTRICT ARE EQUAL OPPORTUNITY PROVIDERS &amp; EMPLOYERS.</b></p> |                                                                                    |                                                                           |