

August 2013

Elementary School Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



MEALTIME MESSAGE

Lunch \$2.50

Assorted Milk Choices Available Daily for Breakfast and Lunch:
1% White, Skim White, Fat Free Chocolate, Strawberry, and Vanilla

This Month's SC Grown Fresh Produce....

Steamed Squash



Cantaloupe

Fun Facts:

Even though most people identify squash with vegetables, from a botanical standpoint, they're considered fruits because they contain the seeds of the plant. Squash are divided into two categories -- summer and winter squash.

Cantaloupes belong to the same family as cucumber and squash, so it is considered a gourd. It is also a good source of Dietary Fiber, Niacin, Vitamin B6 and Folate, and a very good source of Vitamin A, Vitamin C and Potassium.

** Contains Pork

All Bread that is served in Lexington School District #1 is Whole Grain.

Menu Items subject to change based upon availability.



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Lunch Entrées-Choose One

Chicken Strips w/Breadstick
Macaroni & Cheese w/Breadstick
Yogurt, Cheese & Granola
**Chef Salad w/Crackers

Sides-Choose One or More

Green Beans, Fresh Baby Carrots
Fruit Cocktail, Fresh Apple

20

Lunch Entrées-Choose One

Hamburger/Cheeseburger
Roasted Chicken w/Roll
Toasted Cheese Sandwich on WG
Grilled Chicken Salad w/Breadstick

Sides-Choose One or More

Crinkle Cut Fries, Roasted Vegetables
Pineapple, Sliced Oranges

21

Lunch Entrées-Choose One

Spaghetti w/Cinnamon Roll
Roasted Chicken w/Roll
Chicken Sandwich
Deli Sandwich
**Chef Salad w/Crackers

Sides-Choose One or More

Spring Salad,
Steamed Squash *w/Fresh SC Grown Squash*
Sliced Peach,
Cantaloupe *w/Fresh SC Grown Cantaloupe*



22

Lunch Entrées-Choose One

**Hotdog
Teriyaki Chicken w/Rice & Roll
Toasted Cheese Sandwich
Grilled Chicken Salad w/Breadstick

Sides-Choose One or More

Baked Beans, Coleslaw
Mandarin Oranges, Fresh Banana

23

Lunch Entrées-Choose One

NY Style Cheese Pizza Slice
Chicken Fajitas
Yogurt, Cheese & Granola
**Chef Salad w/Crackers

Sides-Choose One or More

Parsley Potatoes, Bell Pepper Strips
Applesauce, Orange Juice

26

Lunch Entrées-Choose One

Chicken Nuggets w/Breadstick
Sloppy Joe Sandwich
Yogurt, Cheese & Granola
**Chef Salad w/Crackers

Sides-Choose One or More

Green Beans, Glazed Sweet Potatoes
Diced Pears, Sliced Oranges

27

Lunch Entrées-Choose One

Hamburger/Cheeseburger
Mozzarella Cheese Sticks
Chicken Salad Sandwich
Grilled Chicken Salad w/Breadstick

Sides-Choose One or More

Tater Tots, Fresh Peas & Carrots
Sliced Peaches, Fresh Apples

28

Lunch Entrées-Choose One

Chicken Strips w/Cinnamon Roll
Pasta Wrap w/Cinnamon Roll
Chicken Sandwich
**Chef Salad w/Crackers

Sides-Choose One or More

Caesar Salad,
Steamed Squash *w/Fresh SC Grown Squash*
Fresh Strawberries,
Cantaloupe *w/Fresh SC Grown Cantaloupe*



29

Lunch Entrées-Choose One

Tostitos w/Queso
Chicken Alfredo w/Roll
Toasted Cheese
Grilled Chicken Salad w/Breadstick

Sides-Choose One or More

Picante' Pintos, Corn
Applesauce, Fresh Watermelon

30

Lunch Entrées-Choose One

**4x6 Variety Pizza
Country Beef Steak w/Rice & Roll
Yogurt, Cheese & Granola
**Chef Salad w/Crackers

Sides-Choose One or More

Mashed Potatoes, Veggie Cup
Fresh Banana, Grape Juice

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We're Going Back To School

