





# September 2013

## Elementary School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>NO SCHOOL FOR STUDENTS</b></p> 	<p>3</p> <p><b>Lunch Entrées-Choose One</b> Hamburger/Cheeseburger Roasted Chicken w/Roll Toasted Cheese Sandwich Grilled Chicken Salad w/Breadstick</p> <p><b>Sides-Choose One or More</b> Crinkle Cut Fries, Collards Pineapple, Sliced Oranges</p>	<p>4</p> <p><b>Lunch Entrées-Choose One</b> Spaghetti w/Cinnamon Roll Chicken Sandwich Deli Sandwich **Chef Salad w/Crackers</p> <p><b>Sides-Choose One or More</b> Corn, Butter Beans Peach Cup, Fresh Grapes</p>	<p>5</p> <p><b>Lunch Entrées-Choose One</b> Corn dog WG Tangerine Chicken w/Rice &amp; Roll Toasted Cheese Sandwich Grilled Chicken Salad w/Breadstick</p> <p><b>Sides-Choose One or More</b> Baked Beans, Veggie Cup Mandarin Oranges, Fresh Banana</p>	<p>6</p> <p><b>Lunch Entrées-Choose One</b> Max Stuffed Crust Pep. Pizza Slice Chicken Fajitas Yogurt, Cheese &amp; Granola **Chef Salad w/Crackers</p> <p><b>Sides-Choose One or More</b> Parsley Potatoes, Spinach Salad Applesauce, Fresh Peach <b>w/Fresh SC Grown Peaches</b></p>
<p>9</p> <p><b>Lunch Entrées-Choose One</b> Chicken Nuggets w/Breadstick Hamburger/Cheeseburger Yogurt, Cheese &amp; Granola **Chef Salad w/Crackers</p> <p><b>Sides-Choose One or More</b> Green Beans, Glazed Sweet Potatoes Diced Pears, Sliced Oranges</p>	<p>10</p> <p><b>Lunch Entrées-Choose One</b> **Pancakes &amp; Sausage Turkey w/Rice, Gravy &amp; Roll Chicken Salad Sandwich Grilled Chicken Salad w/Breadstick</p> <p><b>Sides-Choose One or More</b> Tater Tots, Steamed Broccoli Sliced Peaches, Fresh Apple</p>	<p>11</p> <p><b>COLLABORATIVE DAY</b></p> <p><b>Lunch Entrées-Choose One</b> Turkey Deli Sub Corn dog Fresh Baby Carrots, Fresh Celery Sticks Rosati Ice 100% Fruit Juice, Fresh Fruit</p>	<p>12</p> <p><b>Lunch Entrées-Choose One</b> Tacos Chicken Pot Pie w/Roll Toasted Cheese Sandwich Grilled Chicken Salad w/Breadstick</p> <p><b>Sides-Choose One or More</b> Sliced Tomatoes, Black-eyed Peas Applesauce, Watermelon <b>w/Fresh SC Grown Watermelon</b></p>	<p>13</p> <p><b>Lunch Entrées-Choose One</b> **4x6 Variety Pizza Fish Poppers w/Roll Yogurt, Cheese &amp; Granola **Chef Salad w/Crackers</p> <p><b>Sides-Choose One or More</b> Roasted Cauliflower, Fresh Sugar Snap Peas Fresh Banana, Grape Juice</p>
<p>16</p> <p><b>Lunch Entrées-Choose One</b> Chicken Strips w/Breadstick Macaroni &amp; Cheese w/Breadstick Yogurt, Cheese &amp; Granola **Chef Salad w/Crackers</p> <p><b>Sides-Choose One or More</b> Green Beans, Fresh Baby Carrots Fruit Cocktail, Fresh Apple</p>	<p>17</p> <p><b>Lunch Entrées-Choose One</b> Hamburger/Cheeseburger Roasted Chicken w/Roll Toasted Cheese Sandwich Grilled Chicken Salad w/Breadstick</p> <p><b>Sides-Choose One or More</b> Crinkle Cut Fries, Roasted Vegetables Pineapple, Sliced Oranges</p>	<p>18</p> <p><b>Lunch Entrées-Choose One</b> Spaghetti w/Cinnamon Roll Chicken Sandwich Deli Sandwich **Chef Salad w/Crackers</p> <p><b>Sides-Choose One or More</b> Spring Salad, Corn Fresh Peach <b>w/Fresh SC Grown Peaches</b>, Craisins</p>	<p>19</p> <p><b>Lunch Entrées-Choose One</b> **Hotdog Teriyaki Chicken w/Rice &amp; Roll Toasted Cheese Sandwich on WG Grilled Chicken Salad w/Breadstick</p> <p><b>Sides-Choose One or More</b> Baked Beans, Coleslaw Mandarin Oranges, Fresh Banana</p>	<p>20</p> <p><b>Lunch Entrées-Choose One</b> NY Style Cheese Pizza Slice Chicken Fajitas Yogurt, Cheese &amp; Granola **Chef Salad w/Crackers</p> <p><b>Sides-Choose One or More</b> Parsley Potatoes, Bell Pepper Strips Applesauce, Orange Juice</p>
<p>23</p> <p><b>Lunch Entrées-Choose One</b> Chicken Nuggets w/Breadstick Sloppy Joe Sandwich Yogurt, Cheese &amp; Granola **Chef Salad w/Crackers</p> <p><b>Sides-Choose One or More</b> Green Beans, Glazed Sweet Potatoes Diced Pears, Sliced Oranges</p>	<p>24</p> <p><b>Lunch Entrées-Choose One</b> Hamburger/Cheeseburger Mozzarella Cheese Sticks Chicken Salad Sandwich Grilled Chicken Salad w/Breadstick</p> <p><b>Sides-Choose One or More</b> Tater Tots, Fresh Peas &amp; Carrots Sliced Peaches, Fresh Apple</p>	<p>25</p> <p><b>Lunch Entrées-Choose One</b> Chicken Strips w/Cinnamon Roll Pasta Wrap w/Cinnamon Roll Chicken Sandwich **Chef Salad w/Crackers</p> <p><b>Sides-Choose One or More</b> Caesar Salad, Steamed Squash Fresh Strawberries, Cantaloupe</p>	<p>26</p> <p><b>Lunch Entrées-Choose One</b> Tostitos w/Queso Chicken Alfredo w/Roll Toasted Cheese Sandwich Grilled Chicken Salad w/Breadstick</p> <p><b>Sides-Choose One or More</b> Picante Pintos, Corn Applesauce, Watermelon <b>w/Fresh SC Grown Watermelon</b></p>	<p>27</p> <p><b>Lunch Entrées-Choose One</b> **4x6 Variety Pizza Country Beef Steak w/Rice &amp; Roll Yogurt, Cheese &amp; Granola **Chef Salad w/Crackers</p> <p><b>Sides-Choose One or More</b> Mashed Potatoes, Veggie Cup Fresh Banana, Grape Juice</p>
<p>30</p> <p><b>Lunch Entrées-Choose One</b> Chicken Strips w/Breadstick BBQ Sandwich Chicken Salad Sandwich **Chef Salad w/Crackers</p> <p><b>Sides-Choose One or More</b> Green Beans, Fresh Baby Carrots Fruit Cocktail, Fresh Apple</p>	 <p>Choose MyPlate.gov</p>			

### 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....

Watermelon



Peaches

### Fun Facts:

The first cookbook published in the United States in 1796 contained a recipe for watermelon rind pickles. Food Historian John Martin Taylor says that early Greek settlers brought the method of pickling watermelon with them to Charleston, South Carolina.

The peach tree is often considered to be the tree of life.

\*\* Contains Pork

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

Menu Items subject to change based upon availability.



Nondiscrimination Statement: This institution is an equal opportunity provider.  
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