

Elementary Lunch Menu

August & September 2016



in partnership with



ONLINE MENUS



View menus online for nutrition info and much more!
Visit the Child Nutrition Services (CNS) webpage at
www.leanderisd.org



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MEAL PRICES

Paid Lunch: \$2.45	Paid Breakfast \$1.35
Reduced \$0.40	Reduced \$0.30
Adult Lunch \$3.50	Adult Breakfast \$2.00

To see if you child qualifies for free or reduced meals, apply online or print and submit to your cafeteria manager.



Did you know? CNS at LISD has two onsite registered dietitians (RDs) who are the experts in nutrition and create healthy school menus for you to enjoy!



Start Back to School off right with breakfast and lunch at school! We serve meals that include all 5 food groups, Grains, Protein, Fruits, Vegetables & Dairy!

Try it Tuesday!

Try a new vegetable -squash every Tuesday this month! Featuring calabacitas con queso and fresh squash and zucchini sticks on the salad bar



MON	TUE	WED	THU	FRI
8/22- Sweet & Sour Chicken Ballpark Turkey Hotdog Strawberry & Vanilla Yogurt Parfait V GF* Roasted Mixed Veggies V GF Buttery Corn V GF	23- Cheesy Meatball Sub State Fair Crispy Corn Dog Sun Butter & Jelly Sandwich V Steamed Broccoli Florets V GF Oven Roasted Cauliflower V GF Zucchini & Summer Squash Sticks	24- International Waffle Day Crispy Chicken & Waffles Goopy Cheese Quesadilla V Ham & Cheese Sub Sandwich Buttered Green Peas V GF Sautéed Crinkly Carrots V GF	25- Cheesy Chicken Nachos V Crispy Chicken Sandwich Ham & Cheese Deli Salad GF* Charro Beans V GF Rainbow Veggie Mix V GF	26- KC BBQ Pork Rib Sub Cheese V & Pepperoni Pizza Crispy Chicken Salad Seasoned Green Beans V GF Sautéed Baby Spinach V GF
29- Creamy Mac & Cheese V Crispy Popcorn Chicken Tuna Salad Sandwich Buttered Peas & Carrots V GF Country Baked Beans V GF	30-Crispy Beef Tacos GF Grilled Cheese Sandwich V Chopped Chef Salad GF* Cheesy Refried Beans V GF Calabacitas con Queso V GF	31-Hamburger w/Cheese Bean & Cheese Burrito V Turkey & Cheese Sub Crispy Potato Wedges V GF Seasoned Green Beans V GF	9/1-Pasta Marinara V & Meatballs Mini Corn Dogs Ham & Cheese Club Sandwich Sautéed Crinkle Carrots V GF Steamed Fresh Cauliflower V GF	2-Crispy Baked Lemon Fish Cheese V & Pepperoni Pizza Chicken Caesar Salad GF* Steamed Broccoli Florets V GF Buttered Corn V GF
5-No School! Grandparents Day is Sept 11th! Check your school's website for more details about special lunch celebrations!	6-Cheesy Chicken Nachos V Crispy Baked Fish Nuggets Crispy Chicken Ranch Wrap Seasoned Black Beans V GF Rainbow Mixed Veggies V GF	7-Breakfast For Lunch - Pancakes, Eggs & Sausage Chicken Fried Steak Sandwich Fruit & Yogurt Plate V GF* Buttered Green Peas V GF Sautéed Crinkle Carrots V GF	8-Cheesy Baked Beef Penne Ballpark Turkey Hotdog Sun Butter & Jelly Sandwich V Oven Roasted Cauliflower V GF Buttery Peas & Carrots V GF	9-Cheesy Meatball Sub Cheese V & Pepperoni Pizzas Grilled Chicken Salad V GF* Roasted Mixed Veggies V GF Roasted Edamame V GF
12-Texas Chicken Fried Steak Baked Veggie Rotini V Italian Chicken Salad GF* Mashed Potatoes & Gravy Steamed Broccoli Florets V GF	13-Crispy Popcorn Chicken Bean & Cheese Burrito V Turkey & Cheese Wrap Seasoned Green Beans V GF Calabacitas con Queso V GF	14-Sloppy Joe Sandwich Crispy State Fair Corndog Strawberry & Vanilla Yogurt Parfait V GF* Crispy Potato Wedges V GF Sautéed Crinkle Carrots V GF	15-Creamy Chicken Alfredo V Crispy Chicken Sandwich Ham & Cheese Sub Sandwich Buttered Peas & Carrots V GF Oven Roasted Cauliflower V GF	16-KC BBQ Pork Rib Sub Cheese V & Pepperoni Pizza Chicken Caesar Salad GF* Country Baked Beans V GF Sautéed Baby Spinach V GF
19-Crispy Chicken & Waffles Sweet & Sour Chicken Sun Butter & Jelly Sandwich V Roasted Edamame V GF Steamed Fresh Cauliflower V GF	20-Chicken Quesadilla Grilled Cheese Sandwich V Ham & Veggie Deli Wrap Rainbow Mixed Veggies V GF Cheesy Refried Beans V GF	21-Crispy Steak Fingers Ballpark Turkey Hotdog Fruit & Yogurt Plate V GF* Mashed Potatoes & Gravy Steamed Broccoli Florets V GF	22-Creamy Mac & Cheese V Mini Corn Dogs Chicken Taco Salad GF Steamed Green Peas V GF Buttered Corn V GF	23-Crispy Baked Lemon Fish Cheese V & Pepperoni Pizza Chicken Caesar Salad GF* Sautéed Baby Spinach V GF Oven Roasted Cauliflower V GF
26-Baked Chicken Nuggets Bean & Cheese Burrito V Ham & Cheese Deli Wrap Rainbow Mixed Veggies V GF Steamed Broccoli Florets V GF	27-Cheesy Beef Nachos V Crispy Fish Nuggets Chicken Taco Salad GF Charro Beans V GF Calabacitas con Queso V GF	28-Hamburger w/Cheese Creamy Chicken Alfredo V Tuna Salad Sandwich Crispy Tater Tots V GF Sautéed Crinkly Carrots V GF	29-Cheesy Meatball Sub Chicken Fried Steak Sandwich Garden Veggie Wrap V Country Style Baked Beans V GF Seasoned Green Beans V GF	30-KC BBQ Pork Rib Sub Cheese V & Pepperoni Pizza Chopped Chef Salad GF* Buttered Peas & Carrots V GF Steamed Fresh Cauliflower V GF

Breakfast Menu

Menu Subject to Change Fat Free & Low Fat Milk Offered Daily

MON	TUE	WED	THU	FRI
Whole Grain Breakfast Pizza Mini Blueberry Pancakes V Cereal Variety, Fresh Fruit & Juice	Fresh Baked Cinnamon Roll V Pancakes V w/Turkey Sausage Cereal Variety, Fresh Fruit & Juice	Whole Grain Breakfast Pizza Fluffy Waffles V Cereal Variety, Fresh Fruit & Juice	Fresh Baked Cinnamon Roll V Pancakes V w/Turkey Sausage Cereal Variety, Fresh Fruit & Juice	Whole Grain Breakfast Pizza Mini Maple Pancakes V Cereal Variety, Fresh Fruit & Juice
8/22-Sausage Biscuit Sandwich	23-Strawberry Yogurt Parfait V GF*	24-Homemade Pig in a Blanket	25-Cheesy Omelet w/Toast V	26-Maple Sausage Pancake Wrap
29-Cheesy Scrambled Eggs & Toast	30-Biscuits & Gravy w/Sausage	31- Blueberry Parfait V GF*	9/1- Ham English Muffin Sandwich	2-Pork Sausage Pancake Wrap
5-No School!	6-Fluffy French Toast V	7-Warm Banana Bread & Yogurt V	8-Biscuits & Gravy w/Sausage	9-Warm Apple Strudel V
12-Maple Sausage Pancake Wrap	13-Sausage & Egg Breakfast Taco	14- Sausage, Egg & Cheese Biscuit	15-Scrambled Eggs w/Toast	16-Strawberry Yogurt Parfait V GF*
19-Warm Banana Bread	20-Cheesy Omelet w/Toast V	21- Blueberry Pork Sausage Pancake	22-Mandarin Yogurt Parfait V GF*	23-Egg & Cheese Breakfast Taco
26-Egg & Cheese English Muffin	27-Biscuits & Gravy w/Sausage	28-Fluffy French Toast V	29-Scrambled Eggs w/Sausage	30-Strawberry Yogurt Parfait V GF*

V=Vegetarian Option (Available); GF=Naturally Gluten Free; GF*=Gluten Free Available Upon Request; *We practice caution in preparing our gluten free items and do our best to ensure a gluten free product. However, LISD is NOT a gluten free environment and thus we cannot guarantee our foods to be completely gluten free.*

Offered Weekly