



Rsd-13 Elementary Schools

August / September 2017

Meals are \$3.50

All meals include choice of hot or cold vegetable, fresh fruit or fruit cup, bread and a choice of non-fat or 1% milk. Reduced fat dressing is served with salads and vegetables

Ala carte Milk .60

\$ 3.50

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1st choice
2nd choice
Vegetables
Fruits
Bread

***Lunch Time**
Please be sure to set up your Lunchtime Payment Portal account soon. "Link below"

"NEW" On-line Payment
<https://schoolpaymentportal.co>

Aug 30

"Back-to-School"
Chicken Tenders or
Cheeseburger
with Tater tots
Fresh Broccoli or Baby Carrots
Mac-Apple or Chill Pineapple

Aug 31

French Toast Sticks & sausage
Egg-n-Cheese Sandwich
Tater Tots or
Orange Wedges or Cantaloupe
Dinner Roll (ww)

Cheese pizza
Fish-n-Chips
Romaine salad or Tomato salad
Banana or Chilled Peaches

1st choice
2nd choice
Vegetables
Fruits
Bread

**Happy Labor Day
No School**

Philly Cheesesteak
Mozzarella Sticks -n-sauce
Veggie cup-n-dip or cuke salad
Mix fruit cup or Apple
Dinner Roll (ww)

Chicken Tenders or
Cheeseburger
with Tater tots
Fresh Broccoli or Baby Carrots
Mac-Apple or Chill Pineapple

Beef Tacos
Cheese Quesadilla
Corn Relish or Refried Beans
Mandarine Oranges or Grapes

Cheese pizza
Fish Sandwich & Tots
Romaine salad
Chilled Peaches or
Fresh Fruit

1st choice
2nd choice
Vegetables
Fruits
Bread

Chicken Tenders
Hamburger (ww)
Sweet Potato or
Cinnamon Apple Slices
or Grapes

Pancakes & sausage
Egg-n-Cheese Sandwich
Tater Tots or
Orange Wedges or Cantaloupe
Dinner Roll (ww)

HERO's Lunch Bunch



Taco Salad
Tuna Sliders
Black Bean Salad or Corn Relish
Verry Berry Fruit cup
Dinner Roll (ww)



Cheese Pizza
Fish-n-Chips
Garden Salad or Cole Slaw
Chilled Peaches or Mix Berries

1st choice
2nd choice
Vegetables
Fruits
Bread



Chicken Nuggets
Corn Dog
Cucumber Salad or
Carrot sticks
Apple Sauce or Orange

Chicken Patty Sandwich (ww)
Hamburger on wheat bun
Baked Beans or Tater Tots
Mac-Apple or Chill Pineapple

Baked Ziti w/ meat sauce
Meatball & Mozz Sub (ww)
Green Beans or Spinach Salad
Mix Fruit Cup or Banana
Dinner Roll (ww)

Cheese Calzone
Cheese Quesadilla
Corn Relish or Refried Beans
Mandarine Oranges or Grapes



No School
"Durham Fair"

1st choice
2nd choice
Vegetables
Fruits

Chicken Tenders
Hamburger (ww)
Sweet Potato or
Cinnamon Apple Slices
or Grapes

French Toast Stix & Sausage
Egg-n-Cheese Biscuit
Tater tots
Very Berry Cup
or Orange Wedge

HERO's Lunch Bunch

Beef Tacos
Cheese Quesadilla
Corn Relish or Refried Beans
Mandarine Oranges or Grapes

1/2 Day

HERO's Lunch Bunch



Cheese pizza
Fish-n-Chips
Romaine salad or Tomato salad
Banana or Chilled Peaches



HERO's

Lunch Bunch Opt-1

Choice of Yogurt
baby carrot w/ ranch dressing,
Fruit Shape Up, Teddy Grahams
Choice of low-fat milk

HERO's

Lunch Bunch Opt-2

Choice of Cereal
String cheese, baby carrot
w/ ranch dressing, Fruit Shape Up,
Teddy Grahams, Low Fat Milk

HERO's

Lunch Bunch Opt-3

Choice of Bagel & Cream Cheese
String cheese, baby carrot
w/ ranch dressing, Fruit Shape Up,
Teddy Grahams, Low Fat Milk

**OFFERED DAILY
CHEF SHAKER SALADS**

A LIMITED NUMBER OF SHAKER
SALADS WILL BE OFFERED DAILY.
SERVED WITH DINNER ROLL, FRUIT
& CHOICE OF MILK

