

**AUGUST  
SEPTEMBER  
2019**

# Rsd-13 Elementary Schools



*Meals are \$3.50 Ala carte Milk .60*

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

**\$ 3.50**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

*1st choice  
2nd choice  
Vegetables  
Fruits  
Bread*

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

<https://schoolpaymentportal.com>

**BREAKFAST OFFERED  
DAILY \$2.00**



See website for details

**Aug 28**

**"Back-to-School"**

Chicken Tenders or  
Cheeseburger  
with Tater tots  
Veggie Rainbow tray  
Mixed Fruit Rainbow tray

**Aug 29**

French Toast Sticks & sausage  
Egg-n-Cheese Sandwich  
Tater Tots or  
Veggie Rainbow tray  
Mixed Fruit Rainbow tray

**Aug 30**

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

*1st choice  
2nd choice  
Vegetables  
Fruits  
Bread*

**NO SCHOOL 2**



**3**

Philly Cheesesteak Wrap  
Mozzarella Sticks -n-sauce  
Veggie Rainbow tray  
Mixed Fruit Rainbow tray  
Dinner Roll

**4**

Spicy Chicken Sandwich or  
Hot Roast Beef & Cheese Sub  
with Potato Gems  
Veggie Rainbow tray  
Mixed Fruit Rainbow tray

**5**

Chicken-n-Chz Flatbread  
Cheese Quesadilla  
Corn Relish or Refried Beans  
Veggie Rainbow tray  
Mixed Fruit Rainbow tray

**6**

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

*1st choice  
2nd choice  
Vegetables  
Fruits  
Bread*

**9**

Chicken Tenders  
Hamburger w/ Campfire sauce  
Sweet Potato Fries  
Veggie Rainbow tray  
Mixed Fruit Rainbow tray

**10**

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

**HERO's Lunch Bunch 11**



**12**

Choice of Chicken or Beef  
Soft Taco's  
Black Bean Salad or Corn Relish  
Veggie Rainbow tray  
Mixed Fruit Rainbow tray  
Dinner Roll

**13**

Cheese Pizza  
Fish Stix-n-Chips  
Garden Salad or Cole Slaw  
Veggie Rainbow tray  
Mixed Fruit Rainbow tray

*1st choice  
2nd choice  
Vegetables  
Fruits  
Bread*

**16**

Chicken Nuggets  
Corn Dog  
Cucumber Salad or  
Veggie Rainbow tray  
Mixed Fruit Rainbow tray

**17**

Chicken Patty Sandwich  
Nacho Hamburger  
Baked Beans or Tater Tots  
Veggie Rainbow tray  
Mixed Fruit Rainbow tray

**18**

Pizza Crunchers w/ marinara  
Meatball & Mozz Sub  
Green Beans or Spinach Salad  
Mix Fruit Cup or Banana  
Dinner Roll

**19**

Chili & Cheese Bowl  
Cheese Quesadilla  
Corn Relish or Refried Beans  
Veggie Rainbow tray  
Mixed Fruit Rainbow tray

**20**

Cheese pizza  
Fish Sandwich & Tots  
Romaine salad  
Veggie Rainbow tray  
Mixed Fruit Rainbow tray

*1st choice  
2nd choice  
Vegetables  
Fruits  
Bread*

**23**

Chicken Tenders  
Philly Cheesesteak Sub  
Sweet Potato Fries  
Veggie Rainbow tray  
Mixed Fruit Rainbow tray

**24**

French Toast Stix & Sausage  
Egg-n-Cheese Biscuit  
Cosmic Potato Gems  
Veggie Rainbow tray  
Mixed Fruit Rainbow tray

**25**

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

**HERO's Lunch Bunch 26**



**No School 27**



*1st choice  
2nd choice  
Vegetables  
Fruits  
Bread*

**30**

Chicken Sliders  
Cheeseburger Sliders  
Sweet Potato Fries  
Veggie Rainbow tray  
Mixed Fruit Rainbow tray

**HERO's**

**Lunch Bunch Opt-1**  
GO-GURT, w/ string cheese  
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  
Jr. CHEF SHAKER SALADS**

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