

LUNCH PRICES	
Type A Lunch Price	\$1.50
Reduced Lunch Price	\$.25
Milk/Chocolate Milk	\$.50
100% Juice	\$.50
Adult Lunch	\$3.08 + tax



Grant's Fall Snacks

Did you know that snacks are actually good for you? It's true, if you eat a healthy snack more than two hours before your next meal you will be more likely to eat less fattening foods during that next meal. Here are some satisfying healthy snack ideas you can try: Pretzel Rods, Carrot Sticks, Hummus with Crackers & Cucumber and Low Fat Cream Cheese on Graham Crackers.

Lunch Menu Elementary School October 2009

ALL STUDENT LUNCH INCLUDES

Whole Milk, Skim Milk, 1% Milk or Low Fat Chocolate Milk / 100% Juice
Fresh Vegetable / Fresh Fruit

HEALTHY LUNCH ALTERNATES AVAILABLE DAILY

Whole Grain Bagel w/Butter or Low Fat Cream Cheese
And includes 2oz. choice of protein (Cheese, Meat, Tuna)
Daily Sandwiches
Cheese Sandwich
Plus: 2 Cold cut offerings daily

Above Lunches include Vegetable, Fresh Fruit, Low Fat Milk & Low Fat Mozzarella Cheese

Daily Offering: Fresh Veggie Sticks w/ Low-fat Yogurt

SENSIBLE SNACKS

Celery and Carrot Sticks
Baked Chips
Quaker Rice Cakes
Fresh Fruit or Fruit Cup
Fat=7 grams or less
Sat Fat=2 grams or less
Sodium=360mg or less
Sugar=15 grams or less



Bell Day

If you are at register when bell goes off and you have fruit or vegetable on your tray you win a free snack
Choose Healthy!

If you have any questions or would like additional information regarding this menu, please contact
Ivy Boxley Food Service Director
Menu subject to change. Notice posted when possible.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Baked Chicken Nuggets Green Beans Applesauce Italian Bread Milk Choice	2 (V) Pizza Square (W) (Whole Wheat) Tossed Salad Peach Cup Milk Choice
5 Baked Chicken Nuggets Roasted Potatoes Green Beans Orange Smiles Milk Choice	6 Twin Tacos Lettuce, Tomato and Salsa Sweet Corn Sliced Pears Milk Choice	7 Brunch For Lunch French Toast Sticks Tater Tots, Turkey Sausage Link, Applesauce, Milk Choice	8 (V) Grilled Cheese Sandwich Sweet Corn Fresh Apple Milk Choice	9 (V) Pizza Square (W) (Whole Wheat) Tossed Salad Peach Cup Milk Choice
12 NO SCHOOL COLUMBUS DAY	13 Hot Dog on a Whole Wheat Bun Carrot Coins Fresh Apple Milk Choice	14 Rotini with Meat Sauce Tossed Salad Italian Bread Peach Cup Milk Choice	15 Combo Plate (3)Mozzarella Sticks (3)Chicken Nuggets Mixed Veggies Italian Bread Peach Cup Milk Choice	16 (V) Pizza Square (Whole Wheat) Tossed Salad Peach Cup Milk Choice
19 Baked Chicken Nuggets Pasta Salad Green Beans Orange Smiles Milk Choice	20 Brunch For Lunch French Toast Sticks Tater Tots, Turkey Sausage Link, Applesauce, Milk Choice	21 Spaghetti & Meatballs Tossed Salad Italian Bread Fruit up Milk Choice	22 Chicken Nuggets Green Beans Applesauce Steamed Brown Rice Milk Choice	23 (V) Pizza Square (Whole Wheat) Tossed Salad Peach Cup Milk Choice
26 Baked Chicken Nuggets Buttered Noodles Steamed Mixed Veggie Orange Smiles Milk Choice	27 BELL DAY Nacho Grande Lettuce, Tomatoes & Cheese Corn Applesauce Milk Choice	28 Meatball Hero Tossed Salad Fruit Cup Milk Choice	29 Chicken Patty on a Whole Wheat Bun Carrot Coins Fresh Apple Milk Choice	30 (V) Pizza Square (Whole Wheat) Tossed Salad Peach Cup Milk Choice

DID YOU KNOW

All our Milk & Chicken Products are Antibiotic and Hormone free!

Breads & Bread Products are 100% Whole Grain and contain No High Fructose Corn Syrup or Hydrogenated Oils!

We Serve a 100% all Natural Yogurt, with No Artificial Ingredients.

All Dressings are All Natural, with No Artificial Ingredients & No High Fructose Corn Syrup!

Vegetables are always fresh and crisp!

Our Taco Shells and Tortilla Chips are Free of any Hydrogenated Oils.

Prepaid Lunches Available

10 Lunches=\$15. 20 Lunches=\$30.
30 Lunches=\$45. 40 Lunches=\$60.

WE PURCHASE LOCAL!

*We always use regional suppliers whenever seasonably available.

Fruit & Veggie Of The Month

**Butternut
Squash**



Check out what we are doing to help save the environment.

Visit www.Whitsons.com

V=VEGETARIAN SELECTION

🍎=HEALTHIER CHOICE

P=PORK PRODUCT

**If you have a food allergy, please speak to the owner, manager, chef or your server. *Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. *Menu is subject to change, notice posted when available.*