

HEALTHY CHOICE MENU ELEMENTARY SCHOOL 2017/2018

ALL MEALS COME WITH SMALL DESSERT

WEEK 1
WEEK 2
WEEK 3
WEEK 4
SOUP

Monday	Tuesday	Wednesday	Thursday	Friday
<input type="checkbox"/> HEALTHY CHOICE: Meatballs & mashed potatoes w/ green beans and a small dessert <input type="checkbox"/> Box Lunch# <u>SEPT. 11</u>	<input type="checkbox"/> HEALTHY CHOICE: <input checked="" type="checkbox"/> Cheesy Pizza & Caesar salad and a small dessert <input type="checkbox"/> BOX LUNCH#: <u>SEPT. 12</u>	<input type="checkbox"/> HEALTHY CHOICE: Spaghetti w/ Meat Sauce, Side Salad and a small dessert <input type="checkbox"/> BOX LUNCH#: <u>SEPT. 13</u>	<input type="checkbox"/> HEALTHY CHOICE: Chicken Tenders, Potato Wedges, Veggies and a small dessert <input type="checkbox"/> BOX LUNCH#: <u>SEPT. 14</u>	<input type="checkbox"/> HEALTHY CHOICE: <input checked="" type="checkbox"/> 3 pancakes, ½ slice toupee ham and sliced cucumbers and a small dessert <input type="checkbox"/> BOX LUNCH#: <u>SEPT. 15</u>
<input type="checkbox"/> HEALTHY CHOICE: Creamy Chicken Pasta, Caesar Salad and a small dessert <input type="checkbox"/> BOX LUNCH#: <u>SEPT. 18</u>	<input type="checkbox"/> HEALTHY CHOICE: Homemade Shepherd's Pie, Veggies and a small dessert <input type="checkbox"/> BOX LUNCH#: <u>SEPT. 19</u>	<input type="checkbox"/> HEALTHY CHOICE: <input checked="" type="checkbox"/> Macaroni & Cheese, Salad and a small dessert <input type="checkbox"/> BOX LUNCH#: <u>SEPT. 20</u>	<input type="checkbox"/> HEALTHY CHOICE: <input checked="" type="checkbox"/> Cheesy Pizza w/ Caesar salad and a small dessert <input type="checkbox"/> BOX LUNCH#: <u>SEPT. 21</u>	<input type="checkbox"/> HEALTHY CHOICE: <input checked="" type="checkbox"/> Oven-Baked Hamburger, Potato Wedges, Veggies and a small dessert <input type="checkbox"/> BOX LUNCH#: <u>SEPT. 22</u>
<input type="checkbox"/> HEALTHY CHOICE: <input checked="" type="checkbox"/> Cheesy Pizza, Side Salad and a small dessert <input type="checkbox"/> BOX LUNCH#: <u>SEPT. 25</u>	<input type="checkbox"/> HEALTHY CHOICE: Homemade Lasagna, Caesar Salad and a small dessert <input type="checkbox"/> BOX LUNCH#: <u>SEPT. 26</u>	<input type="checkbox"/> HEALTHY CHOICE: Roasted Chicken Breast, Mashed Potato, Veggies and a small dessert <input type="checkbox"/> BOX LUNCH#: <u>SEPT. 27</u>	<input type="checkbox"/> HEALTHY CHOICE: S&S Meatballs, Rice and Veggies and a small dessert <input type="checkbox"/> BOX LUNCH#: <u>SEPT. 28</u>	<input type="checkbox"/> HEALTHY CHOICE: <input checked="" type="checkbox"/> 3 pancakes, ½ slice Toupee ham and sliced cucumbers and a small dessert <input type="checkbox"/> BOX LUNCH#: <u>SEPT. 29</u>
<input type="checkbox"/> HEALTHY CHOICE: <input checked="" type="checkbox"/> Chicken Burger, Potato Wedges, Veggies and a small dessert <input type="checkbox"/> BOX LUNCH#: <u>OCT. 02</u>	<input type="checkbox"/> HEALTHY CHOICE: Homemade Goulash, Side Salad and a small dessert <input type="checkbox"/> BOX LUNCH#: <u>OCT. 03</u>	<input type="checkbox"/> HEALTHY CHOICE: <input checked="" type="checkbox"/> Cheesy Pizza, Caesar Salad and a small dessert <input type="checkbox"/> BOX LUNCH#: <u>OCT. 04</u>	<input type="checkbox"/> HEALTHY CHOICE: <input checked="" type="checkbox"/> Homemade Meatloaf, Mashed Potato, Veggies and a small dessert <input type="checkbox"/> BOX LUNCH#: <u>OCT. 05</u>	<input type="checkbox"/> HEALTHY CHOICE: <input checked="" type="checkbox"/> Oven-Baked Hamburger Potato Wedges, Veggies and a small dessert <input type="checkbox"/> BOX LUNCH#: <u>OCT. 06</u>
Every Monday Homemade Soup: Chicken veggie noodle	Every Tuesday Homemade Soup: Alphabet Soup	Every Wednesday Homemade Soup: Corn Chowder	Every Thursday Homemade Soup: Chicken Rice	Every Friday Homemade Soup: Chefs Choice

FEATURE Meal – With Small Dessert!	P/6 5.00
BOX LUNCH - With Small Dessert	P/6 5.00
Add Milk to any meal	.40
+ ADD a JUICE BOX to any Meal ► Hot Homemade Soup	0.75 2.75
Cold Beverages ...	
Milk 2% (250ml)	0.40
Milk – Choc. (250ml)	1.90
Juice Box (200ml, Pure 100% juice)	1.25
Bottled Water (500 ml)	1.50
Hummus and Naan Chips	2.25
Bagged Apples Slices.	1.65
Bagged Apples Slices w/ Cheese	2.30
Bagged Veggies & Dip	2.45
Bagged Veggies w/ Cheese & Crackers.	3.10
Fresh Fruit Salad Cup (5oz).	2.60
Cookie	.75
Homemade Rice Crispy Square	1.00
Graham Crackers NEW!	TBA
Fruit Muffin	1.10
Mini Rice Cakes	1.75
Baked Chips	1.75
Popcorn Bag	1.25
* Pudding Parfait 5oz	2.00
Frozen Fruit Juice Cups 4oz	1.70
Goji's Frozen Yogurt 5oz	3.55
Fruit & Yogurt Parfait 5oz.	2.40
* Cheesecake Parfait 5oz.	2.40
Oven Baked Kale Chips NEW!	TBA
Banana yogurt pops NEW!	TBA
Fresh Salads...	
Large Pasta Salad.	3.25
Large Salad (Garden / Caesar/Greek).	3.25
ChickPea and veggie Party salad NEW!	3.25
Market Fresh Whole Fruit	1.25
Add Chicken to any salad NEW!	2.00
Four Bean Summer Salad NEW!	2.75
Fresh Sandwiches...	
Ham, Tuna Sandwich.	3.25
Chicken Caesar /Greek Wrap. NEW!	3.70
6" Pre-Made Sub.	3.85
Egg Salad Sandwich.	2.90
Grilled Cheese.	3.15
(All Sandwiches use Multi-Grain or Whole Wheat or wraps)	* Served twice a week

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Easy on-line payments . Lunch Groupie works as a declining balance that is not meal or date specific. Manage your monthly lunch budget . Your child no longer needs to carry cash.

Prepay in multiples of \$50 . Print out confirmation email and have child bring to cafeteria. We will track your balance and notify when it is time to reload.

BOX LUNCHES : Please indicate Box Lunch # on each days check box above.

1. Chicken Bacon Ranch Wrap with Veggies and Dip
2. 6 " Ham and Cheese Sub with Salad
3. Home-made Texas Chili with Nacho Chips
4. Veggie Wrap with Hummus and Veggies

