

September 2018 BARKHAMSTED ELEMENTARY SCHOOL

LUNCH

Five food components are offered with each lunch - milk, grain, meat/meat alternate, fruit and vegetable. Students must select **AT LEAST 3** out of the 5 components and 1 of the components must be 1/2c fruit or vegetable. Lunch menu subject to change. Lunch \$2.85

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY



For the month of September there will be **NO alternate lunches.**

PBJ sandwich will be available.



Monday

Tuesday

Wednesday

Thursday

Friday

NO School

3

Labor Day

Hotdog on a WW Roll
Celery Sticks and Baby Carrots w/dipping dressing
Potato Wedges
Assorted Fruit

4

Pasta With Meat Sauce
WW Bread & Butter
Peas, Cucumber Slices
Assorted Fruit

5

Sloppy Joes on a WW Roll
Corn on the Cob
Assorted Fruit

6

Stuffed Cheese
Bosco Stick
Marinara Sauce for dipping
Tossed Salad
Assorted Fruit

7

Mini Pancakes, Syrup
Sausage Patty
Raw Veggie Cup w/dipping dressing
Assorted Fruit

10

Beef Nachos with all the Fixings
Brown Rice
Raw Veggies, Sweet Corn
Assorted Fruit

11

Cheese Ravioli with Meatballs and Red Sauce
Warm WW Dinner Roll
Tossed Salad
Assorted Fruit

12

Hamburger/Cheeseburger on a WW Roll
Steamed Cauliflower
Baked Beans
Assorted Fruit

13

Tony's Galaxy Single Serve Cheese Pizza
Tossed Salad
Assorted Fruit

14

Choice of Cereal Bowl
Honey Graham Crackers
Boiled Egg
Raw Veggie Cup
Assorted Fruit

17

Deli Meat on a Crown Roll, Baked Chips
Tossed Salad
Sour Pickles
Assorted Fruit

18

Chicken Alfredo with Penne
Warm Dinner Roll
Steamed Broccoli
Assorted Fruit

19

Bagel (Plain, Cream Cheese, or Butter)
Yogurt, Sliced American Cheese, Raw Veggie Cup
Assorted Fruit

20

BIG Daddy Cheese or Pepperoni Pizza
Cooked Carrots
Assorted Fruit

21

Mini Waffles
Syrup
Ham Slice
Raw Veggie Cup
Assorted Fruit

24

Grilled Cheese Sandwich
Cream of Chicken Soup or Tomato Soup
Raw Veggies
Assorted Fruit

25

Spaghetti with Red Sauce
Breaded Chicken Filet
WW Bread and Butter
Cooked Carrots
Assorted Fruit

26

Barbecue Chicken Strips
Brown Rice
Mixed Vegetable
Assorted Fruit

27

Tony's Single Serve Pizza
Steamed Broccoli
Assorted Fruit

28

