

Aug & Sept 2019

Elementary Schools - LUNCH DUDLEY CHARLTON REGIONAL SCHOOL DISTRICT LUNCH MENU

On line payments: myschoolbucks.com

Meals include: whole grains, 1% & low fat milk,
Fresh, canned or dried fruit, 100% juice



Welcome Back to School

Monday	Tuesday	Wednesday	Thursday	Friday
WEEK OF AUGUST 26	27 Ham & Chz Croissant Cucumber Wheels Mandarin Oranges Honey Grahams	28 Cheeseburgers Let/Tomato/Pickle French Fries Apples	29 Cheese Quesadillas Mexican Rice Salsa/Sour Cream/Corn Pineapple	30 NO SCHOOL
2 NO SCHOOL	3 Grilled Chz Sandies Tomato Soup Carrot Sticks Applesauce	4 Chicken Tenders Curly Fries Broccoli Florets Grapes	5 Sausage, Egg & Cheese Tater Tots Veggie Sticks Oranges	6 Pizza Day Tossed Salad Honey Grahams Peaches
9 Bagel Munchbox Strawberry Yogurt Veggie Sticks Bananas	10 Meatball Sub Potato Chips Peas & Carrots Watermelon	11 Shepherd's Pie Green Beans WG Roll Fruit Salad	12 Beef Nachos Rice Pilaf Salsa/Chz/Sour Cream Cantaloupe	13 Mini Pancakes Sausage Patty Broccoli Florets Asst Fruit
16 Mozz Sticks & Sauce Tossed Salad Oranges	17 Teriyaki Chicken Pasta Salad Cauliflower Peaches	18 Spaghetti & Mtsauce WG Roll Mixed Vegetables Mixed Fruit	19 Macaroni & Cheese Cali Blend Veggies Grapes Cookie	20 Pizza Day Garden Salad Applesauce Honey Graham
23 French Toast Sticks Sausage Patty Cucumber Wheels Apples	24 Taco Tuesday Rice Pilaf Corn Watermelon	25 Turkey & Chz Croissant Cali Blend Veggies Pineapple Chocolate Pudding	26 Chicken Nuggets Smile Fries Peas & Carrots Strawberries	27 Hot Dogs Baked Beans Veggie sticks Potato Chips
30				

School Lunch
Price \$2.90
Reduced Lunch
Price \$.40
School Breakfast
Price \$1.50
Reduce Breakfast
Price \$.30

Alternative options served daily, please check with school cafeteria for menu.

***All meals meet the nutrition standards set forth by the Healthy, Hunger-Free Kids Act of 2010.**

***Free/Reduced lunch applications may be submitted at any time throughout the school year.**

Food allergies must be documented with the school nurse and the Food Service Director.

Menus are subject to change without notice due to item availability.