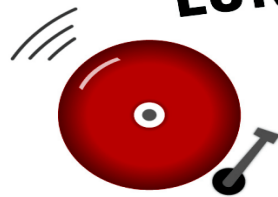




Menu for September 2017
Mount Yonah Elementary School
Becky Lingerfelt, Manager

TIME for LUNCH



We're here to serve you, so please let us know if there's anything we can do for you.

HAVE A GREAT YEAR!

Friday, September 1

Chicken Sandwich
 BBQ Sliders
 Baked Beans
 Potato Wedges
 Tossed Salad

available daily

Salad and Fruit available daily with lunch.

Breakfast Items include: Biscuit or Choice of Entrée, Cereal, Muffins, Assorted Fruits and Juices, and Choice of Milk.

Morning Snack Packs are available in the hall for those students who choose to not eat in the Cafeteria.

Daily Milk Choices include 1%, skim, fat free chocolate and strawberry milk.

**Full Meal Prices: Breakfast free, Lunch: \$1.90, reduced price \$0.40
 School Staff: Breakfast \$1.50, Lunch \$3.25
 Visitors: Breakfast \$1.50, Lunch \$3.50**

Menu subject to change due to availability.

This institution is an equal opportunity provider.

Monday, September 4



Tuesday, September 5

Chicken Bites
 Ham & Cheese Sandwich
 Mashed Potatoes
 Green Peas
 Roll
 Tossed Salad

Wednesday, September 6

Cheesy Breadsticks with Marinara Sauce
 Hotdog
 Queso Cheese Pasta
 Green Beans
 Veggie Dippers

Thursday, September 7

Cheese Pizza / Pepperoni Pizza
 Ribeye
 Corn
 Potato Smiles
 Tossed Salad
 Fruit Ice
 Cookie

Friday, September 8

Corndog
 Cuban Sandwich
 Broccoli with Cheese
 Black-Eyed Peas
 Tossed Salad

Monday, September 11

Steak Fingers
with Gravy
Deli Wrap
Rice
Green Beans
Roll
Tossed Salad

Tuesday, September 12

Beefy Cheese Nachos
Chicken Quesadilla
Pinto Beans
Corn
Tossed Salad
Cookie

Wednesday, September 13

General Tso's Chicken
with Rice
Ribeque
Breaded Veggie Sticks
Diced Carrots
Tossed Salad

Thursday, September 14

Cheese Pizza /
Pepperoni Pizza
Grilled Cheese Sandwich
Corn on the Cob
Green Peas
Veggie Dippers

Friday, September 15

Hamburger
Chicken Sandwich
Baked Beans
Potato Wedges
Sandwich Fixings

*Remembering our Heroes on
September 11, and showing
our support for them*

*all year
round.*



Monday, September 18

Chicken Alfredo
Corndog
Green Beans
Glazed Carrots
Texas Toast

Tuesday, September 19

Taco Tuesday

Tacos
Cheese Quesadilla
Pinto Beans
Corn
Salsa/Lettuce/Tomatoes

Wednesday, September 20

Chicken Tenders
Yogurt Plate
Green Beans
Macaroni and Cheese
Tossed Salad
Roll

Thursday, September 21

Cheese Pizza /
Pepperoni Pizza
Deli Sandwich
Potato Smiles
Corn
Veggie Dippers

Friday, September 22

BBQ on Bun
Cheese Breadsticks
Marinara Sauce
Oven Fries
Baked Beans
Tossed Salad



Monday, September 25

Popcorn Chicken
Yogurt Plate
Mashed Potatoes
Green Peas
Tossed Salad
Roll

Tuesday, September 26

Spaghetti
Mini Corndogs
Broccoli
Carrot Coins
Texas Toast
Tossed Salad

Wednesday, September 27

World Milk Day

Chicken Parmesan
Turkey Sandwich
on Ciabatta
Roasted Potatoes
Corn
Roll
Tossed Salad

Thursday, September 28

Cheese Pizza /
Pepperoni Pizza
Chicken and Cheese
Burrito
Queso Cheese Pasta
Green Beans
Tossed Salad

Friday, September 29

Pancakes and Sausage
Yogurt and Muffin Plate
Tri Taters
Cherry Smooth
Blueberries with
Whipped Topping

Mooseum Quality



*Choice of milk
served with all
complete meals:*

- Lowfat White
- Nonfat Chocolate
- Nonfat Strawberry