

Guidelines for elementary students: milk, vegetables, fruit or 100% juices are offered at every meal; cereal, milk and 100% fruit juices are available every morning.

SEPTEMBER 2018

Peters Elementary

Daily Selections: Choice of fresh fruits, fresh or steamed vegetables, whole grain (WG) rolls, yogurt, cereal, main entrée and alternate.

Monday

SCHOOLS CLOSED 3
LABOR DAY HOLIDAY



Breakfast: Muffin 10

Chicken Patty on WG Roll
Spinach Salad
Sweet Potato Fries

Alt: Pizza

Breakfast: Pop Tart 17

Ham & Cheese Hoagie
Lettuce & Tomato, Pickle
Baked Chips

Alt: Cheeseburger

Breakfast: Scrambled Eggs w/Toast 24

Cheesesteak Sandwich
French Fries
Steamed Green Beans

Alt: Hot Dog on WG Roll

Tuesday

Breakfast: Muffin 4

French Toast Stix w/Syrup
Sausage Patty, Tator Tots
Fresh Strawberries

Alt: Grilled Ham & Cheese

Breakfast: Egg & Cheese Sandwich 11

Cheeseburger
Cucumbers, Celery & Carrots
with Dip, Onion Rings

Alt: Pizza

Breakfast: Cereal 18

Chicken Tenders w/Sauce
Baked Beans
Grilled Zucchini, Soft Pretzel

Alt: Cheeseburger

Breakfast: Cereal 25

Grilled Cheese Sandwich
Tomato Soup, Cauliflower
Goldfish Crackers

Alt: Hot Dog on WG Roll

Wednesday

Breakfast: Cereal 5

Bulldog Bowl
Popcorn Chicken, Corn,
Mashed Potatoes

Alt: Grilled Ham & Cheese

Breakfast: Cereal 12

Grilled BBQ Chicken
Pierogies
Baked Beans, Applesauce

Alt: Pizza

Breakfast: Cheese Omelet w/Toast 19

Hot Dog on WG Roll
Macaroni & Cheese
Stewed Tomatoes

Alt: Cheeseburger

Breakfast: Cinnamon Stix 26

Chicken Fajita w/Sautéed
Peppers and Onions
Santa Fe Rice

Alt: Hot Dog on WG Roll

Thursday

Breakfast: French Toast Stix 6

BBQ on WG Roll
Baked Beans
Creamed Cabbage

Alt: Grilled Ham & Cheese

Breakfast: Cinnamon Roll 13

Walking Taco in a Bag
Lettuce, Tomato, Sour Cream
Salsa w/Black Beans

Alt: Pizza

Breakfast: Pancakes 20

Bulldog Bowl
Popcorn Chicken, Corn,
Mashed Potatoes

Alt: Cheeseburger

Breakfast: Pop Tart 27

French Toast w/Syrup
Hash Brown Triangles,
Sausage, Strawberries

Alt: Hot Dog on WG Roll

Friday

Breakfast: Bagel 7

Calzone w/Marinara Sauce
Steamed Carrot Coins

Alt: Grilled Ham & Cheese

Breakfast: Waffles 14

Beef Rigatoni w/Sauce
and Cheese
Tossed Salad, Breadstick

Alt: Pizza

Breakfast: Muffin 21

Chicken Parmesan on WG Roll
Side of Pasta
Steamed Broccoli

Alt: Cheeseburger

Breakfast: Cereal Bar 28

Mozzarella Filled Twisted
Dough Breadstick w/Marinara
Sauce, Romaine Salad

Alt: Hot Dog on WG Roll

Breakfast: \$1.45
Lunch: \$2.65

Reduced Breakfast: \$0.30
Reduced Lunch: \$0.40

Included with all meals is a choice of: Fruit, Juice, or Milk.
Menu is subject to availability and change without notice.

