

September 2015

R-III School District- Central Elementary K-2

LUNCH



School Information: Variety of fruit and milk included with lunch



Nutrition Tip: The 2010 Dietary Guidelines for Americans recommend that at least half of your grains are whole. For most people, that translates into at least 48 grams daily.

Monday



Tuesday

Wednesday

Thursday

Friday

Chicken Chili **1**
Crispito
Cheese Sauce
Steamed Green Beans

Pizza Lil' Bites **2**
Marinara Sauce
Golden Corn

Ham and Cheese Pr **3**
Bun
Potato Wedges

4
School Not In Session



7
Cheesy Chicken **8**
Burrito
Salsa
Spicy Pinto Beans

9
Meatball Sub
Steamed Broccoli
Heartzels

10
Chicken Patty
Whipped Potatoes
Steamed Green Beans
Dinner Roll

11
Beef Fingers
Rotini with Tomato
Sauce
California Blend Veggies

14
Chicken Quesadilla
Garden Salad

15
Baked Potato Bar
(Ham, Cheese & Broccoli)
Soft Pretzel

16
Corn Dog
Mixed Vegetables

17
Sausage Biscuit
Potato Wedges
Sunset Sip Juice

18
Toasted Ravioli
Meat Sauce
Steamed Green Beans

21
Poppin' Chicker
Bowl
Dinner Roll

22
Hamburger
Lettuce & Tomato
Baked Beans

23
Turkey Bacon
Flatbread
Steamed Broccoli

24
Hot Dog on Bun
Golden Corn
Snickerdoodle Cookie

25
French Bread Pizz
Steamed Green Beans

28
Salisbury Steak
Whipped Potatoes
Steamed Carrots
Breadstick

29
Tony's Pizza
Steamed Green Beans

30
Toasted Cheese
Tomato Soup
Carrot & Celery Sticks
Ranch



September 2015

Central R-III School 3rd-12th grade

LUNCH



School Information: Variety of fruit and milk included with lunch



Nutrition Tip: The 2010 Dietary Guidelines for Americans recommend that at least half of your grains are whole. For most people, that translates into at least 48 grams daily.

Monday



Tuesday

Wednesday

Thursday

Friday

BBQ Rib on Bun **1**
Baked Beans
Celery Sticks

Ground Beef **2**
Stroganoff
Seasoned Carrots
Dinner Roll

Chicken Chili **3**
Crispito
Cheese Sauce
Steamed Green Beans

4
School Not In Session



Taco Burger **8**
Or
Sloppy Joe
Refried Beans
Mexicali Corn

Chic' Penne **9**
Garden Salad
Rice Chex Bars

Toasted Cheese **10**
Tomato Soup
Carrot & Celery Sticks
Ranch

Tony's Pizza **11**
Steamed Green Beans

Cheesy Chicken **14**
Burrito
Salsa
Spicy Pinto Beans

Meatball Sub **15**
Steamed Broccoli
Heartzels

Chicken Patty **16**
Whipped Potatoes
Steamed Green Beans
Dinner Roll

Beef Fingers **17**
Rotini with Tomato Sauce
California Blend Veggies

Chicken Quesadilla **18**
Garden Salad

Baked Potato Bar **21**
(Ham, Cheese & Broccoli)
Soft Pretzel

Corn Dog **22**
Mixed Vegetables

Soft Shell Taco **23**
Salsa
Refried Beans

Sausage Biscuit **24**
Potato Wedges
Sunset Sip Juice

Toasted Ravioli **25**
Meat Sauce
Steamed Green Beans

Poppin' Chicker **28**
Bowl
Dinner Roll

Hamburger **29**
Lettuce & Tomato
Baked Beans

Turkey Bacon **30**
Flatbread
Steamed Broccoli

