

Valparaiso Elementary Schools Menu August – December 2011
First Grade thru Fifth Grade Menu

Monday

Tuesday

Wednesday

Thursday

Friday

W E E K #1 ▲ Green	Chicken O's Mashed Potatoes Fresh Wheat Roll Salad Corn Raisins	Mostaccioli Breadstick Salad Carrot Coins Fresh Seasonal Fruit	Chicken Patty on a Wheat Bun Fresh Garden Salad Sweet Potato Fries Green Beans Apple Wedges	Nacho Grande Meat, Cheese, Tomato Lettuce and Salsa Seasoned Rice Broccoli Pineapple Chunks	Whole Grain Flat Bread Pizza Salad Vegetable Blend Peaches Pudding	<i>August 24-26 September 19-23 October 17-21 November 14-18 December 12-16</i>
W E E K #2 ♥ Red	Chicken Nuggets Fresh Biscuit Sugar Snap Peas Pears Sherbet Cup	Chicken Alfredo Or Fish Sticks Baked Wheat Roll Tossed Salad Veggie Bar Mandarin Oranges	Sack Lunch Deli Turkey on Wheat Bread Baby Carrots/Celery Sun Chips Mixed Fruit Cup Fruit Strip	Breakfast For Lunch Pancakes Sausage ✓ Hot Apples Fruit Juice Fresh Fruit	Cheesy Bread Sticks Sliced Tomatoes California Blend Seasonal Fresh Fruit Animal Grahams	<i>August 29- September 2 September 26-30 October 24-28 November 21-25 December 19-21</i>
W E E K #3 ■ Blue	Chicken Sticks Wheat Roll Mixed Salad Corn Grapes	Pasta w/Meat and Meatless Sauce Garlic Texas Toast Steamed Peas Fruit Salad	Salad Bar/Breadstick Or Whole Grain Corn Dog Tossed Salad Mixed Vegetables Rosy Applesauce	Cheese Quesadillas Lettuce, Tomato, Salsa Broccoli/Brown Rice Fresh Pears Yogurt Parfait	Hot Dog Crinkle Cut Fries Celery Sticks/Dip Peaches Fresh Fruit	<i>September 5-9 October 3-7 October 31-November 4 November 28-December 2</i>
W E E K #4 ● Orange	Chicken Tenders Baked Fries Slice of Whole Grain Bread Vegetable Blend Orange Smiles	Dunkers with Meat Sauce Lettuce Salad Cucumber Slices Fruit Salad	Whole Grain Cheese Pizza or Pepperoni Pizza Fresh Garden Salad Green Beans Diced Peaches	Fajitas or Mini Corn Dogs Seasoned Rice Tossed Salad Pineapple Tidbits	Hamburger Potato Smiles Mixed Veggies Cinnamon Applesauce Fresh Fruit	<i>September 12-16 October 10-14 November 7-11 December 5- 9</i>

Items marked with a ✓ contain pork

Offered Daily: Lunchables or Peanut Butter /w Jelly (Peanut awareness schools will be offered Turkey Deli)

Breakfast Menu: Start Smart and eat School Breakfast

Prices: Breakfast-\$1.40/Reduced \$.30

Monday: Breakfast Pizza Thursday: Eggs and

Lunch - \$2.00/ Reduced \$.40

Tuesday: Mini French Toast

Whole Grain White Toast

Milk- \$.50

Special Dates: October 10-14 National School Lunch Week

Wednesday: Yogurt and Grahams

Friday: Cinnamon Tasteries

November 10-Thanksgiving Dinner/December 19-Holiday Dinner

Menu Subject To Change Per School Needs