

South Range Elementary Lunch Menu-November 2021

MENUS SUBJECT TO CHANGE

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EQUAL OPPORTUNITY
PROVIDER

What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk
**Students must choose at least one fruit or vegetable*



Fresh Fruits and Vegetables Offered Daily

***Vegetables include:**
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber
***May choose two 1/2 cup servings**

***Fruits include:**
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
***May choose 1/2 cup serving**



Milk Choices Offered Daily: 1% white milk & nonfat chocolate

Lunch Prices:

A complete lunch is FREE for the 21/22 school year. (A fruit and/or vegetable MUST be taken.)

Students may request a cup at the register to get water for free at the drinking fountain.

16oz. Bottled water \$1.00
8oz. Bottled water \$.055

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Hot Ham & Cheese Sandwich Sweet Potato Fries Diced Peaches Choice of Milk	2 Cheeseburger BBQ Baked Beans Yellow Banana Choice of Milk	3 Breaded Chicken Sandwich Crinkle Fries Red Apple Choice of Milk	4 Pizza Hut Pizza Garden Salad Diced Peaches Choice of Milk 	5 Cheese Filled Breadsticks Seasoned Green Beans Green Grapes Choice of Milk *Extra treat w/lunch
8	Chicken Tenders w/ Bread Slice Seasoned Corn Fresh Apple Choice of Milk	9 Beef & Cheese Nachos Cheesy Refried Beans Mandarin Oranges Choice of Milk	10 Popcorn Chicken w/ Bread Slice Mashed Potatoes & Gravy Fresh Banana Choice of Milk	11 Pasta w/Meat Sauce & Garlic Breadstick Seasoned Broccoli Applesauce Cup Choice of Milk	12 Stuffed Crust Pizza Baby Carrots Diced Pineapple Choice of Milk *Extra treat w/lunch
15	Chicken Nuggets w/ Bread Slice Seasoned Green Beans Blueberries Choice of Milk	16 Walking Taco w/Nacho Doritos Seasoned Black Beans Pineapple Choice of Milk	17 French Toast Sticks & Sausage Sweet Potato Fries Sliced Pears Choice of Milk	18 Pizza Hut Pizza Garden Salad Apple Slices Choice of Milk 	19 Turkey & Stuffing Mashed Potatoes & Gravy Cranberry Sauce Choice of Milk *Extra treat w/lunch
22	Cheeseburger Smiley Fries Tropical Fruit Salad Choice of Milk	23 Chicken & Cheese Soft Taco Seasoned Corn Purple Grapes Choice of Milk	24 No School	25 No School	26 No School
29	Popcorn Chicken w/Rice Seasoned Carrots Mandarin Oranges Choice of Milk	30 Italian Dunkers w/ Marinara Sauce Garden Salad Applesauce Cup Choice of Milk			
	SECOND OPTION: Pizza Sticks	SECOND OPTION: Mini Corn Dog Nuggets	SECOND OPTION: Fiestada Pizza	SECOND OPTION: Cheeseburger	SECOND OPTION: Pancake Sausage Bites