



Elementary School Lunch Menu

SEPTEMBER 2011

Serving 3 Entrée Choices every day at WMES.
Features one rotating menu item and a daily offering of Sandwich Grab Bag or Chef Salad. SVP offers one rotating menu item and a daily offering of Sandwich Grab Bag.



Monday



Tuesday

Whole Grains Month

Family Health and Fitness Day Sept 24

Wednesday

FOOD FOR THOUGHT: APPLES

Apples have lots of fiber which is good for your heart. Most of an apple's fiber is found in its skin.



Thursday

Pancake on a Stick, Fruit & Milk

Picnic Lunch!
Deli Turkey Sandwich/Sub (WW)
Potato Salad
Celery Sticks w/ Ranch Chips, Apple & Milk

Friday

Biscuit and Jelly, Fruit & Milk

Day at the Ballpark!
Chili Cheese Dog, Baked Beans, Sweet Potato Puffs, Spinach Salad w/dressing, Canned Fruit & Milk

5

Labor Day Holiday

6

Breakfast Pizza, Fruit & Milk

Twin Tacos
Spanish Rice
Refried Beans
Lettuce, Tomatoes
Peach, & Milk

7

Cinnamon Breakfast Cookie, Cheese Pck, Fruit & Milk

Asian Chicken Wrap, Spinach Salad, Cantaloupe & Milk

8

Egg and Ham Bar, Fruit & Milk

Italian Feast Lasagna
Italian Style Green Beans,
Whole Wheat Roll,
Strawberries & Milk

9

Waffle
Fruit & Milk

Hamburger
Sweet Potato Fries,
Romaine Lettuce,
Tomato, Pickle, Canned Fruit, Jello & Milk

12

Cereal, Graham Cracker, Fruit & Milk

Bean & Cheese Nachos
Romaine Lettuce, Tomatoes, Bell Pepper Strips, Banana & Milk

13

Bagel & Cream Cheese, Fruit & Milk

Chicken Taco, Wheat Tortilla, Refried Beans, Spanish Rice, Fresh Plum & Milk

14

Breakfast Burritos, Salsa, Fruit & Milk

Green Chili Chicken Enchiladas, Spanish Rice, Pinto Beans, Romaine Lettuce, Tomatoes, Saltines, Salsa, Banana & Milk

15

Cinnamon Toast, Fruit & Milk

Under the Sea Baked Fish Nuggets, Whole Wheat Roll (WW), Steamed Broccoli, Orange & Milk

16

Homemade Muffin Square, Fruit & Milk

Baked Chicken Breast
Brown Rice, Baked Butternut Squash, Pear Fun Friday Cookie & Milk

19

Cereal, Graham Cracker, Fruit & Milk

Black Bean Fiesta Wrap (WW)
Broccoli Cauliflower Polonaise Plum & Milk

20

French Toast Sticks, Fruit & Milk

Fiesta Taco Salad
Cantaloupe & Milk

21

Biscuit & Sausage, Fruit & Milk

Baked Penne (WW), Green Beans, Garlic Roll, Banana & Milk

22

Pancake on a Stick, Fruit & Milk

Western Chili Beans & Cornbread, Corn on the Cob, Spinach Salad, Peach & Milk

23

Biscuit and Jelly, Fruit & Milk

Grilled Cheese Sandwich, Pickle Spear, Vegetable Soup, Fun Friday Cake Orange & Milk

26

Cereal, Graham Crackers, Fruit & Milk

Mac and Cheese (WW)
Whole Wheat Roll, (WW)
Green Beans, Apple & Milk

27

Breakfast Pizza, Fruit & Milk

Walking Taco (WG)
Spanish Rice
Refried Beans
Romaine Lettuce, Tomatoes, Banana & Milk

28

Cinnamon Breakfast Cookie, Cheese Pck, Fruit & Milk

Pasta Carbonara (WW)
Sweet Peas, Pickle Spear, Orange & Milk

29

Egg and Ham Bar, Fruit & Milk

Breakfast for Lunch!
Pancakes, Scrambled Eggs, Hashbrowns, Grapes & Milk

30

Waffle, Fruit & Milk

Spaghetti (WW)
Whole Wheat Roll, (WW)
Steamed Broccoli, Spinach Salad w/dressing, Applesauce Cup & Milk

For questions and comments, please email the Food Service Director at foodservice@ruidososchools.org or call 575-630-7993

This institution is an equal opportunity provider.

Lunch Includes: One or more servings of protein and grains, two or more servings of fruits & vegetables, and 1/2 pint serving of low fat milk. Students in grades 1st - 12th may choose to decline up to 2 items of the hot lunch or choose an alternate meal option in grades 3-12.

Meal Prices: Student Breakfast: Free/Student Lunch: \$2.00 or \$4.00
Adult Breakfast: \$1.00 / Adult Lunch \$3.00
Extra Milk: \$.50

