

Marysville Joint Unified School District

SEPTEMBER 2018 ELEMENTARY LUNCH MENU

**FREE
Breakfast
& Lunch
for all
students
of
Marysville
Joint
Unified
School
District!**

**Harvest
of the
Month™**

Tomatoes



Our menus are printed on 30% recycled paper



Monday	Tuesday	Wednesday	Thursday	Friday
3  	4 Chicken Nuggets Ketchup Grilled Ham & Cheese Sandwich Seasoned Potato Wedges Corn Banana	5 Hamburger Cheeseburger Lettuce/Tomato/ Pickle Ketchup/Mayo/ Mustard Baked Beans Apple Slices	6 Pasta Bake Dinner Roll Grilled Cheese Sandwich Broccoli Cucumber Fresh Stone Fruit	7 Pepperoni or Cheese Pizza Tossed Romaine Salad Carrots Grapes
10 Meatless Monday Option: NEW Cheese Tamale w/Salsa Verde Refried Beans Pork Carnitas NEW Taco Sauce Carrots Corn Peach Cup	11 Chicken Sandwich Ketchup Meatball Sandwich NEW Lettuce/Tomato/ Pickle V Blend Juice Banana	12 Chicken & Cheese Or Cheese Nachos Salsa Refried beans Orange Sections	13 Ultimate NEW Cheeseburger Ketchup/Mayo/ Mustard Turkey Hot Dog Celery Sticks with Ranch Dressing Seasoned Spiral Fries Fresh Stone Fruit	14 Pepperoni, Cheese or Pep/Jalapeno Pizza Salad Cucumber with Ranch Dressing Grapes
17 Meatless Monday Option: NEW Cheese Filled Breadsticks With Marinara Beef Rib Hoagie Tater Tots Ketchup Fruit Cup	18 NEW Enchilada Pie Bean & Cheese Burrito Taco Sauce Green Beans Jicama Sticks Banana	19 Breaded Chicken Garlic Breadstick Corn Baked Beans Watermelon	20 Chicken Teriyaki Pork & Veggie Egg Roll Brown Rice Steamed Carrots V Blend Juice Fresh Stone Fruit	21 Pepperoni, Cheese or Hawaiian Pizza Tossed Romaine Salad Carrots Grapes
24 Meatless Monday Option: NEW Mac & Cheese Verde NEW Mexi-Pocket Salsa Coleslaw Salad Peach Cup	25 Chicken Nuggets Ketchup Grilled Ham & Cheese Sandwich Seasoned Potato Wedges Corn Banana	26 Hamburger Cheeseburger Lettuce/Tomato/ Pickle Ketchup/Mayo/ Mustard Baked Beans Apple Slices	27 Pasta Bake Dinner Roll Grilled Cheese Sandwich Broccoli Cucumber Fresh Stone Fruit	28 Pepperoni or Cheese Pizza Tossed Romaine Salad Carrots Grapes

A choice of 1% milk and nonfat chocolate milk offered with all lunches. Please enjoy the Salad bar *** Menu subject to change***

September is "Whole Grain" Month

Eat more whole grains such as Oatmeal, Brown Rice and Whole Wheat Bread & Pasta!

This institution is an equal opportunity provider.

ELEMENTARY BREAKFAST MENU

SEPTEMBER 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
3  Labor Day	4 Egg & Cheese Biscuit Sandwich Juice Fresh Seasonal Fruit	5 Turkey Sausage Pizza Juice Fresh Seasonal Fruit	6 French Toast Juice Fresh Seasonal Fruit	7 Sausage & Pancake on a Stick Juice Fresh Seasonal Fruit
10 Sausage & Gravy Pizza Juice Fresh Seasonal Fruit	11 Peach Cobbler Biscuit Juice Fresh Seasonal Fruit	12 Pancake-Maple Sausage Sandwich Juice Fresh Seasonal Fruit	13 French Toast Sticks Juice Fresh Seasonal Fruit	14  Strawberry Pancake Bowl Juice Fresh Seasonal Fruit
17 Sausage & Cheese Bagel Juice Fresh Seasonal Fruit	18 Egg & Cheese Omelet Biscuit Juice Fresh Seasonal Fruit	19 Pancakes with Syrup & Sausage Link Juice Fresh Seasonal Fruit	20 Berry Smoothie Muffin Juice Fresh Seasonal Fruit	21 Cinnamon Square Juice Fresh Seasonal Fruit
24 Yogurt Soft Breakfast Bar Juice Fresh Seasonal Fruit	25 Egg & Cheese Biscuit Sandwich Juice Fresh Seasonal Fruit	26 Turkey Sausage Pizza Juice Fresh Seasonal Fruit	27 French Toast Juice Fresh Seasonal Fruit	28 Sausage & Pancake on a Stick Juice Fresh Seasonal Fruit

Daily Entrée Choices: WG Cereal Combo
 M: WG Banana Bread T: Muffin Bread W: Coffee Cake Th: Bagel & Cream Cheese F: PB&J Wafer
 A choice of 1% white and nonfat chocolate milk offered with all breakfasts.
 MENU SUBJECT TO CHANGE

September is "Whole Grain" Month

Have you tried whole-wheat bread? It's full of energy! B vitamins give energy to play and learn!
 For more information visit the website : <http://www.choosemyplate.gov/>