

# September 2022 Elementary Lunch Menu



**Lunch Includes:**  
3 of the 5 Components  
Choice of Fruit, Vegetable,  
Grain, Meat or Meat Alternate  
and Milk

**Milk Choice:**  
Skim, 1% or Fat Free Chocolate  
Hormone & Antibiotic Free

**Lunch Alternatives:**  
Whole Grain Bagel w/ Yogurt  
Turkey, Ham, Cheese, or PB&J  
Sandwich  
Grilled Chicken or Garden  
Salad

**\*Gluten Free Meals are  
Available Only to Students with  
Documented Restrictions\*  
Please See Separate Gluten  
Free Menu**

Any questions please email:  
Haug-Eric@aramark.com

\*Menu is subject to Change\*



This institution is an equal opportunity provider.

**Boar's Head**  
SINCE 1905  
**NEW FOR 2022-23!**  
**Boar's Head  
Cold Cuts**

**BACK  
TO  
SCHOOL**



1

**BACK  
TO  
SCHOOL**

2



5

**School Closed**



6

WG Breaded Chicken  
Nuggets and a Whole  
Grain Dinner Roll  
Broccoli  
Fresh Fruit

7

Hamburger /  
Cheeseburger  
On a Whole Grain Bun  
Vegetarian Baked Beans  
Fresh Fruit

8

Whole Grain French  
Toast Sticks  
Turkey Sausage  
Tater Tots  
Fresh Fruit

9

Cheese / Pepperoni  
Pizza  
Garden Salad  
Fresh Fruit

12

**MEATLESS MONDAY**  
Pizza Sticks with Sauce  
Green Beans  
Fresh Fruit

13

Beef Hot Dog  
on a Whole Grain Roll  
Vegetarian Baked Beans  
Fresh Fruit

14

WG Breaded Chicken  
Nuggets and a Whole  
Grain Dinner Roll  
Carrots  
Fresh Fruit

15

Nachos With Turkey  
Taco Meat, Cheese  
Sauce & Salsa  
Steamed Corn  
Fresh Fruit

16

Cheese / Pepperoni  
Pizza  
Garden Salad  
Fresh Fruit

19

**MEATLESS MONDAY**  
Cheese Quesadilla,  
Salsa and Rice  
Carrots  
Fresh Fruit

20

Hamburger /  
Cheeseburger  
On a Whole Grain Bun  
Vegetarian Baked Beans  
Fresh Fruit

21

Whole Grain French  
Toast Sticks  
Turkey Sausage  
Tater Tots  
Fresh Fruit

22

WG Breaded Chicken  
Nuggets and a Whole  
Grain Dinner Roll  
Green Beans  
Fresh Fruit

23

Cheese / Pepperoni  
Pizza  
Garden Salad  
Fresh Fruit

26

**School Closed**



27

**School Closed**



28

Beef Hot Dog  
on a Whole Grain Roll  
Vegetarian Baked Beans  
Fresh Fruit

29

Spaghetti & Beef  
Meatballs  
with Sauce  
Green Beans  
Fresh Fruit

30

Cheese / Pepperoni  
Pizza  
Garden Salad  
Fresh Fruit