





**Elementary School
Breakfast and Lunch Menu**

- Complete your Application for Educational Benefits online at www.moundsviewschools.org








3 TUESDAY	4 WEDNESDAY	5 THURSDAY	6 FRIDAY
<p>ENERGY ENTRÉE Macaroni and Cheese* with Garlic Knot*</p> <p>SMART SIDES Sweet Potato Waffle Fries Green Beans Applesauce Mixed Fruit</p> <p>DESSERT Malt Cup</p>	<p>ENERGY ENTRÉE Pizza Crunchers* with Marinara Sauce</p> <p>SMART SIDES Golden Corn Lettuce Salad with Fixings Baby Carrots Banana Pears</p>	<p>ENERGY ENTRÉE Mini Pancakes* with Cheese Omelet</p> <p>SMART SIDES Tater Tots Baby Carrots Blueberries Fresh Strawberries</p>	<p>ENERGY ENTRÉE Garlic Cheesy Bread* with Marinara Sauce</p> <p>SMART SIDES Caesar Salad Baby Carrots Grapes Peaches</p>

9 MONDAY	10 TUESDAY	11 WEDNESDAY	12 THURSDAY	13 FRIDAY
<p>ENERGY ENTRÉE Oven Fried Chicken Drumstick* with Mashed Potatoes and Gravy with Whole Grain Dinner Roll*</p> <p>-or- TONY'S Stuffed Crust Cheese Pizza Slice* </p> <p>SMART SIDES Green Beans Spinach Salad with Fixings Baby Carrots Watermelon Cinnamon Apple Slices</p>	<p>ENERGY ENTRÉE Shrimp Poppers* with Cheesy Bread Bites*</p> <p>-or - Build You Own Burger* with Turkey Bacon and Cheese</p> <p>SMART SIDES Vegetarian Baked Beans Lettuce Salad with Fixings Fresh Plum  Pears</p> <p>DESSERT Fruit Flavored Raisels</p>	<p>ENERGY ENTRÉE Teriyaki Chicken Dippers with Fried Rice* and Vegetable Egg Roll</p> <p>-or- Whole Grain Mini Corn Dogs*</p> <p>SMART SIDES Steamed Broccoli Crunchy Asian Salad Sugar Snap Peas Banana Pineapple Tidbits</p>	<p>ENERGY ENTRÉE Whole Grain Pasta* with Meatsauce and Garlic Bread Stick*</p> <p>-or- Chicken Quesadilla</p> <p>SMART SIDES Lettuce Salad with Fixings Baby Carrots Kiwi Mixed Fruit Salad</p>	<p>ENERGY ENTRÉE Build your own Pepperoni or Cheese Mini Pizza* </p> <p>-or- Chicken Tenders* with Whole Grain Dinner Roll*</p> <p>SMART SIDES Golden Corn BLT Salad Baby Carrots Fresh Apple Peaches</p>

16 MONDAY	17 TUESDAY	18 WEDNESDAY	19 THURSDAY	20 FRIDAY
<p>ENERGY ENTRÉE Popcorn Chicken with Whole Grain Dinner Roll*</p> <p>-or- Garlic Cheesy Bread* with Marinara Sauce</p> <p>SMART SIDES Green Beans Spinach Salad with Fixings Baby Carrots Honeydew Melon Pears</p>	<p>ENERGY ENTRÉE Hot Turkey Ham and Cheese Sandwich on Pretzel Roll*</p> <p>-or- Beef Soft Taco* with Fixings</p> <p>SMART SIDES Tater Tots Shredded Lettuce with Fixings Jicama Sticks Orange Smiles Applesauce</p>	<p>ENERGY ENTRÉE Turkey and Gravy over Mashed Potatoes Whole Grain Dinner Roll*</p> <p>-or - Breaded Chicken Breast Sandwich* with Fixings</p> <p>SMART SIDES Broccoli Slaw Baby Carrots Banana Mixed Fruit</p> <p>DESSERT Fruit Smoothie on a Stick</p>	<p>ENERGY ENTRÉE Cinnamon French Toast Sticks*</p> <p>-or - Chicken Nuggets* with Whole Grain Dinner Roll*</p> <p>SMART SIDES Trix Yogurt Tri - Tater Lettuce Salad with Fixings Baby Carrots Strawberries Blueberries</p>	<p>ENERGY ENTRÉE Personal Pan Cheese Pizza* </p> <p>-or- Chicken Burrito Bowl with Cilantro Lime Rice</p> <p>SMART SIDES Fiesta Black Beans Golden Corn Shredded Lettuce with Fixings Diced Tomatoes Grapes Peaches</p>

Menu subject to change due to unforeseen circumstances.

23 MONDAY	24 TUESDAY	25 WEDNESDAY	26 THURSDAY	27 FRIDAY
ENERGY ENTRÉE Oven Fried Chicken Drumstick* Mashed Potatoes with Gravy Whole Grain Dinner Roll* -or- Breaded Mini Cheese Ravioli*  with Marinara Sauce and Whole Grain Dinner Roll* SMART SIDES Spinach Salad with Fixings Baby Carrots Watermelon Mixed Fruit	ENERGY ENTRÉE Build Your Own Burger* with Turkey Bacon and Cheese -or- TONY'S Stuffed Crust Cheese Pizza Slice*  SMART SIDES Vegetarian Baked Beans Lettuce Salad with Fixings Baby Carrots Fresh Apple Pears	ENERGY ENTRÉE Orange Chicken Smackers with Fried Rice* and Vegetable Egg Roll -or- Toasty Dog* with Oven Fries SMART SIDES Asian Vegetable Blend Lettuce Salad with Fixings Banana Pineapple Tidbits DESSERT Birthday Cake Graham Crackers*	ENERGY ENTRÉE Beef Taco in a Dorito Chip Bag* with Steamed Brown Rice* -or- Whole Grain Mini Corn Dogs*  SMART SIDES Golden Corn Refried Beans Lettuce Salad with Fixings Fresh Pear Applesauce	ENERGY ENTRÉE Lasagna Roll Up*  -or- Chicken Tenders* SMART SIDE Garlic Knot* Caesar Salad Baby Carrots Grapes Cinnamon Apple Slices

30 MONDAY
ENERGY ENTRÉE BBQ Chicken Sandwich* -or- Garlic Cheesy Bread* with Marinara Sauce  SMART SIDES Green Beans Coleslaw Baby Carrots Kiwi Peaches





Lunch Prices:
 Lunch: \$2.55 or \$5.10 for September
 Reduced: Free
 Adult Meal: \$4.00

Breakfast Prices:
 Free: For Kindergarten Centers
 Paid: \$1.50 or \$30.00 for September
 Reduced: Free
 Adults: \$2.25

Extra Items:
 Extra Entree \$2.00
 Extra Bread \$.60
 Extra Fruit or Vegetables **FREE**
 Milk \$.50
 Yogurt \$.60
 10 oz. Bottled Water \$.60

POPULAR LINKS:

- Menus and Nutrition Analysis online at www.nutritionservice.org/nutritionservices
- Access your student's lunch account balance and pin number at www.paypams.com or log into your School View account and access Fee Pay.
- If you would like to block your student's account from purchasing extra items please contact your school cashier.

-  = contains pork
-  = poultry
-  = vegetarian
- * = whole grain item
-  = Locally Grown

- All lunches served with with your choice of non-fat, 1% or chocolate non-fat milk
- Cheese sandwiches are available on a daily basis upon request






Now Hiring:

- Substitute Nutrition Service Workers!!
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 - Great Pay
 - Holidays and weekends off

Please apply online at:
www.moundsviewschools.org

BREAKFAST

Choose one Breakfast Entrée.
 All breakfasts served with Fruit, Fruit Juice, and Skim or 1% Milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1: Weeks beginning September 3, 16 and 30				
Banana Bread* with Fruit Yogurt -or- Cold Cereal* with Fruit Yogurt	Whole Grain French Toast* -or- Cold Cereal* with Nutri Grain Bar*	Cinnamon Toast Crunch Pastry*  -or- Cold Cereal* with Fruit Yogurt	Whole Grain Waffles*  -or- Cold Cereal* with Giant Goldfish Cinnamon Graham*	Cook's Special* -or- Cold Cereal* with Fruit Yogurt
WEEK 2: Weeks beginning September 9 and 23				
Pancake and Sausage Breakfast Bites*  -or- Cold Cereal* with Fruit Yogurt	Yogurt Parfait/Fruit Smoothie -or- Cold Cereal* with Nutri Grain Bar*	Cheese Omelet with Muffin Loaf* -or- Cold Cereal* with Fruit Yogurt	Whole Grain Pancakes* -or- Cold Cereal* with Cinnamon Crisps*	Cook's Special* -or- Cold Cereal* with Fruit Yogurt

This institution is an equal opportunity provider