

September 2017 Lunch Menu Peanut Free Okaloosa County Elementary Schools

Area Supervisor and District Nutritionist: Aneita Sutton
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OCSD Nutrition Center: (850) 301- 3020



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 one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables may include fresh or steamed:
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

100% Vegetable Juice

*May choose up to two

*Fruits may include Fresh, frozen, or canned:
Apple
Peaches
Mixed Fruit
Fresh Orange
Banana
Pears
Applesauce
Craisins
100% Juice assortment

*May choose up to two 1/2 cup servings



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry, Fat Free Vanilla, Fat Free White and Low Fat White

NOW HIRING

Part Time & Substitute Positions Available! Call: (850) 301- 3020

MENUS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY CHOICES
<p>We want to remind you to reapply for the free & reduced meal program by September 21, 2017.</p> <p>Check our menu monthly for our new promotions and recipes!</p>				1 Beef Fajita With Sautéed Peppers & Onions Fresh Broccoli Florets Peach Diced Choice of Milk	Breaded Chicken Salad with Bread Ham & Cheese Sub
4 Labor Day No School	5 Salisbury Steak with Gravy Dinner Roll Scalloped Potatoes Hot Cinnamon Apples Choice of Milk	6 Hard Beef Tacos (2) Rice Refried Beans Applesauce Choice of Milk	7 Mini Chicken Sliders on Bun French Fries Peach Diced Choice of Milk	8 Pork Chop Sliced Bread Steamed Collards Mixed Fruit Cup Choice of Milk	Chef Salad (Deli Meat) with Croutons and Bread Turkey & Cheese Sandwich
11 Italian Dunkers Marinara Dip Sauce Steamed Green Beans Peach Diced Choice of Milk	12 BBQ Chicken Hoagie Red and White Beans Raisins Choice of Milk	13 Pasta with Meat Sauce Steamed Broccoli Applesauce Cup Choice of Milk	14 Chicken & Gravy over a Biscuit Steamed Corn Blueberries Choice of Milk	15 Ham & Potatoes Au Gratin Dinner Roll Cucumber Tomato Salad Mixed Fruit Choice of Milk	Breaded Chicken Salad with Bread Ham & Cheese Sandwich
18 Pizza Pasta Bake Steamed Peas Applesauce Choice of Milk	19 Corn Dog Baked Beans Peach Diced Choice of Milk	20 Breaded Chicken on a Bun French Fries Strawberries Choice of Milk <u>Wellness Wednesday at Antioch and Wright Elem</u>	21 Asian Seasoned Chicken Over Rice Steamed Broccoli Cinnamon Apples Choice of Milk	22 Sloppy Joe Sandwich Steamed Mixed Vegetables Pear Diced Choice of Milk	Grilled Chicken Salad (Diced Chicken) with Croutons & Bread Italian Sub
25 Meatball Hoagie Marinara Sauce Steamed Green Beans Mixed Fruit with Cherries Choice of Milk	26 Mini Ravioli with Marinara Sauce Sliced Bread Spinach & Northern Bean Salad Raisins Choice of Milk	27 Chicken & Waffles with Syrup Sweet Potato Fries Berry Apple Crisp Choice of Milk	28 Loaded Potato Bowl (potato topped with taco beef, cheese, and sour cream) Slice of Bread Steamed Broccoli Applesauce Cup Choice of Milk	29 Chicken & Cheese Quesadilla Refried Beans Peach Diced Choice of Milk	Breaded Chicken Salad with Bread Ham & Cheese Sub
Monday Alternate Chicken Patty on a Bun	Tuesday Alternate Nachos, Beef & Chips Sliced Bread	Wednesday Alternate Grilled Cheese Sandwich	Thursday Alternate Cheeseburger on a Bun	Friday Alternate Cheese Pizza	Lunch Prices: Paid \$2.70 Reduced: \$.40

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