

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

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