



# MEMPHIS ELEMENTARY SEPTEMBER LUNCH MENU

LUNCH PRICES \$2.75 AND .40 REDUCED

4 LABOR DAY	5 Chicken Nuggets Mashed Potatoes Broccoli	6 Mini Pancakes String Cheese Go gurts Fruit Juice	7 Mini Corn Dogs Baked Beans Fruit Slushy	8 Pizza Romaine Salad Carrot Stix	APPLES ORANGES
11 Cheese Quesadillas Mexican Rice Romaine Salad	12 Hamburger or Cheeseburger Broccoli Baked beans	13 Walking Taco's Refried Beans	14 Bosco's Green beans	15 Pizza Romaine Salad Carrot Stix	FRESH PEACHES GRAPES WATERMELON
18 Chicken Nuggets Mashed Potatoes Broccoli	19 Lasagna Roll ups Romaine Salad Garlic Toast	20 Mini Corn Dogs Baked Beans Fruit Slushy	21 Sloppy Joes French Fries	22 Pizza Romaine Salad Carrot Stix	FRESH PEACHES FRESH PLUMS APPLES
25 Chicken patty on a WG bun Baked beans	26 Nacho Bites Corn & Black bean fiesta veggies	27 Mini Pancakes String Cheese Go gurts Fruit Juice	28 Pulled Pork Sandwich Baked Beans	29 ½ day No Lunch	WATERMELON CANTALOUPE FRESH PLUMS

Schools must offer students a 5-component meal which includes: Milk, Fruit, Vegetables, Whole Grains and Meat/Meat alternative. Your Student must choose a minimum of 3 components to be considered a meal, one of which must be a FRUIT OR VEGETABLE.

Veggie Bar . **The Veggie Bar** will include but not limited to Baby Carrots, Celery, Cucumbers, Romaine lettuce, Tomatoes.

Fresh Fruit . **The Fruit Bar** will include fresh in season fruits including Apples, Oranges, Pears, Banana's, (When available). Occasionally due to circumstances we will offer canned fruit such as Pineapple, Mandarin Orange slices etc.

Every meal includes 1% White Milk or Fat Free Chocolate Milk 

All breads are Whole Grain.

**Second Choices** we offer Yogurt or Peanut Butter and Jelly Bags as a second choice again this year



Kitchen Contact information.

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