

get
Local
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Menu for September 2018 Grants Pass School District No. 7 Elementary

Daily Specials—**Mon.** Breakfast for Lunch or Deli Sub (Turkey) **Tues.** Crispy Chicken Sandwich or Deli Sub (Ham) **Wed.** Yogurt Bowl or Corn Dog **Thurs.** Chicken Nuggets or Turkey Club Wrap **Fri.** Chef's Special or PBJ Sandwich
(Vegetarian Option Offered Daily)



Peaches

Farm to School

Farm to School connects schools (K-12) and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers. To learn more visit www.farmtoschool.org.

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	Tuesday, Sept. 4	Wednesday, Sept. 5	Thursday, Sept. 6	Friday, Sept. 7
	<p>Breakfast Warm Mini Bagels or Cereal Variety</p> <p>Lunch Pizza Variety, Crispy Chicken Sandwich, or Deli Ham Sub</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Pancake on a Stick or Nutrition Bar</p> <p>Lunch Mac and Cheese w/Corn Muffin, Yogurt Bowl, or Corn Dog</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Flaky Biscuit and Gravy or Cereal Variety</p> <p>Lunch Chicken Taquitos, Chicken Nuggets, or Turkey Club Wrap <i>Toasted Garbanzo Beans</i></p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Breakfast Bar or Fruit Muffin</p> <p>Lunch Hamburger or Cheese Burger, Chef's Special, or PBJ Sandwich <i>Tater Day!</i></p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>
Monday, Sept. 10	Tuesday, Sept. 11	Wednesday, Sept. 12	Thursday, Sept. 13	Friday, Sept. 14
<p>Breakfast Snack'n Waffles or Cereal Variety</p> <p>Lunch Hot Diggty Dog, Marvelous Eggs/Bacon/Cheese w/Toast Deli Turkey Sub <i>Tater Day!</i></p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Cereal Bar or Oatmeal BRK Round</p> <p>Lunch Cheesy Breadstick w/Marinara, Crispy Chicken Sandwich, or Deli Ham Sub</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Breakfast Pizza or Cereal Variety</p> <p>Lunch BBQ Riblet Sub, Yogurt Bowl, or Corn Dog <i>Baked Beans</i></p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Sausage/Cheese Biscuit or Peanut Butter Graham Wafer</p> <p>Lunch Nachos, Chicken Nuggets, or Turkey Club Wrap</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Cinnamon Roll or Cereal Variety</p> <p>Lunch Chicken and Noodles, Chef's Special, or PBJ Sandwich <i>Otis Cookie</i></p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>



Peach Yogurt Smoothie

Ingredients

- 1 cup low-fat yogurt (try peach, vanilla or lemon)
- 1/3 cup nonfat dry milk
- 1/2 banana
- 3/4 cup orange juice
- 1/2 cup frozen peaches

Directions

1. Put all ingredients into a blender.
 2. Blend until smooth.
- Refrigerate leftovers within 2 hours.

Notes

- 1 cup chopped or sliced peaches (about 1.5 to 2 medium fresh)
- Serve as a snack or dessert during the summer months.



<p>Monday, Sept. 17</p> <p>Breakfast Breakfast Crumb Cake or Cereal Variety</p> <p>Lunch Cheese Quesadilla, Marvelous Eggs, Sausage and Mini Muffin, or Deli Turkey Sub</p> <p>Tater Day! Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Tuesday, Sept. 18</p> <p>Breakfast Mini Pancakes or Nutrition Bar</p> <p>Lunch Chicken Caesar Salad, Crispy Chicken Sandwich, or Deli Ham Sub</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Wednesday, Sept. 19</p> <p>Breakfast Fruit Muffin or Cereal Variety</p> <p>Lunch Pizza Variety, Yogurt Bowl, or Corn Dog</p> <p>Baked Beans</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Thursday, Sept. 20</p> <p>Breakfast Flaky Biscuit and Peanut Butter Graham Wafer</p> <p>Lunch Bean and Cheese Burrito, Chicken Nuggets, or Turkey Club Wrap</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Friday, Sept. 21</p> <p>Breakfast Cini Mini or Cereal Variety</p> <p>Lunch Saucy Spaghetti, Chef's Special, or PBJ Sandwich</p> <p>Mini Rice Crispy Treat</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>
<p>Monday, Sept. 24</p> <p>Breakfast Breakfast Bread or Cereal Variety</p> <p>Lunch Bosco Pizza Stick, Homemade Breakfast Burrito or Deli Turkey Sub</p> <p>Tater Day! Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Tuesday, Sept. 25</p> <p>Breakfast Mini Waffles or Oatmeal Breakfast Round</p> <p>Lunch Asian Teriyaki Chicken w/Chow Mein Noodles, Crispy Chicken Sandwich, or Deli Ham Sub</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Wednesday, Sept. 26</p> <p>Breakfast Sausage and Cheese Breakfast Sandwich or Cereal Variety</p> <p>Lunch Hamburger or Cheese Burger, Yogurt Bowl, or Corn Dog</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Thursday, Sept. 27</p> <p>Breakfast Soft Bagel w/Cream Cheese or Fruit Frudel</p> <p>Lunch Homemade Grilled Cheese, Chef's Special, or PBJ Sandwich</p> <p>Warm Chili</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Friday, Sept. 28</p> <p>NO CLASSES</p>

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