

# ROACHDALE ELEMENTARY 2017



A GRILLED CHICKEN SANDWICH WILL BE SERVED DAILY AS THE OTHER ENTRÉE CHOICE.

MENUS ARE SUBJECT TO CHANGE WITH-OUT NOTICE !

<p><b>MONDAY 2</b> MINI PANCAKES</p> <p>CHICKEN STRIPS BREADSTICK CHEESE POTATOES DICED PEARS LETTUCE SALAD</p> <p>MILK</p>	<p><b>TUESDAY 3</b> MINI SAUSAGE PANCAKE WRAP</p> <p>COUNTRY FRIED STEAK ROLL MASHED POTATOES GREEN BEANS MANDARIN ORANGES LETTUCE SALAD</p> <p>MILK</p>	<p><b>WEDNESDAY 4</b> BISCUIT AND GRAVY</p> <p>CHEESEBURGER TATOR TOTS SLICED PICKLES STEAMED CARROTS APPLESAUCE LETTUCE SALAD</p> <p>MILK</p>	<p><b>THURSDAY 5</b> EGG OMELET CHEESE/BISCUIT</p> <p>SOFT TACO (1) TACO MEAT SALSA/SOUR CREAM CORN/REFRIED BEANS LETTUCE SALAD PINEAPPLE</p> <p>MILK</p>	<p><b>FRIDAY 6</b> CHOCOLATE MUFFIN</p> <p>BBQ RIB SANDWICH BAKED CHIPS STEAMED PEAS DICED PEACHES LETTUCE SALAD PUDDING</p> <p>MILK</p>	<p><b>DAILY BREAKFAST</b> FRESH OR CANNED FRUIT FAT FREE AND SKIM MILK CEREAL/CHEESE STICK LUNCH FRESH OR CANNED FRUIT LETTUCE SALAD FAT FREE AND SKIM MILK</p> <p><b>NEWS</b> ALL STUDENTS K-3 WILL BE GIVEN ALL THE ITEMS LISTED WITH THE EXCEPTION OF THE ENTRÉE. THEY MAY CHOOSE THE ENTREE THEY WOULD LIKE</p> <p>ALL STUDENTS IN 4TH AND 5TH GRADE WILL HAVE THE OPTION TO LEAVE ONE ITEM OFF THEIR TRAY. THEY MAY ALSO CHOOSE THE ENTREE THEY WOULD LIKE. ALL STUDENTS MUST TAKE A FRUIT OR A VEGETABLE ON THEIR TRAY.</p> <p><b>MENUS</b> OUR MENU HAS BEEN PLANNED TO MEET NEW FEDERAL REGULATIONS INCLUDING AGE GROUPS AND PORTION SIZES. OVER THE COURSE OF EACH WEEK, OUR MENUS MEET CALORIE, SODIUM MEAT/MEAT ALTERNATE AND GRAIN RANGES. THE MENUS ALSO MEET THE VEGETABLE SUB GROUPS.</p> <p><b>PRICES</b> STUDENT BREAKFAST \$1.75 STUDENT REDUCED BREAKFAST \$.30 STUDENT LUNCH \$2.75 STUDENT REDUCED LUNCH \$.40 ADULT BREAKFAST \$2.10 ADULT LUNCH 3.60</p> <p>APPLICATIONS FOR FREE AND REDUCED MEALS ARE AVAILABLE AT ANY TIME DURING THE SCHOOL YEAR.</p>
<p><b>MONDAY 9</b> WAFFLE/SAUSAGE</p> <p>PHILLY BEEF SANDWICH CHEESE SAUCE POTATO SMILES DICED PEARS LETTUCE SALAD</p> <p>MILK</p>	<p><b>TUESDAY 10</b></p> <p>PARENT/TEACHER CONFERENCE NO SCHOOL!</p>	<p><b>WEDNESDAY 11</b> BISCUIT AND GRAVY</p> <p>TURKEY OR HAM SANDWICH CHEESE SLICE TORTILLA CHIPS BLACK BEAN SALSA APPLESAUCE</p> <p>MILK</p>	<p><b>THURSDAY 12</b> CINI MINIS</p> <p>POPCORN CHICKEN SWEET AND SOUR SAUCE VEGETABLE EGG ROLL STEAMED ORIENTAL VEGGIES RICE GRAPES</p> <p>MILK</p>	<p><b>FRIDAY 13</b> BREAKFAST BAR</p> <p>PIZZA CORN DICED PEACHES COTTAGE CHEESE LETTUCE SALAD</p> <p>MILK</p>	
<p><b>MONDAY 16</b></p> <p>NO SCHOOL!</p>	<p><b>TUESDAY 17</b></p> <p>NO SCHOOL!</p>	<p><b>WEDNESDAY 18</b></p> <p>FALL BREAK!</p>	<p><b>THURSDAY 19</b></p> <p>NO SCHOOL!</p>	<p><b>FRIDAY 20</b></p> <p>NO SCHOOL!</p>	
<p><b>MONDAY 23</b> FRENCH TOAST</p> <p>CHICKEN FRIES MACARONI AND CHEESE STEAMED CARROTS DICED PEARS</p> <p>MILK</p>	<p><b>TUESDAY 24</b> BREAKFAST PIZZA</p> <p>BISCUIT AND GRAVY SCRAMBLED EGG MIX HASH BROWN CINNAMON APPLES LETTUCE SALAD</p> <p>MILK</p>	<p><b>WEDNESDAY 25</b> BISCUIT AND GRAVY</p> <p>SLOPPY JOE SANDWICH POTATO WEDGES STEAMED CALIFORNIA BLEND APPLESAUCE LETTUCE SALAD</p> <p>MILK</p>	<p><b>THURSDAY 26</b> SCRAMBLED EGG/BISCUIT</p> <p>RAVIOLI GARLIC BREAD STEAMED PEAS BANANA LETTUCE SALAD</p> <p>MILK</p>	<p><b>FRIDAY 27</b> SAUSAGE PANCAKE WRAP</p> <p>PIZZA CORN DICED PEACHES LETTUCE SALAD COOKIE</p> <p>MILK</p>	
<p><b>MONDAY 30</b> MINI PANCAKES</p> <p>CORN DOG POTATO SMILES STEAMED BROCCOLI DICED PEARS LETTUCE SALAD</p> <p>MILK</p>	<p><b>TUESDAY 31</b> MINI SAUSAGE PANCAKE WRAP</p> <p>POPCORN CHICKEN BBQ SAUCE PRETZEL MASHED POTATOES GREEN BEANS MANDARIN ORANGES LETTUCE SALAD/MILK</p>				

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