



SAIS, JAMES BURD, NANCY GRAYSON & LUHRS ELEMENTARY SCHOOLS				
Breakfast & Lunch Menu - AUGUST/SEPTEMBER 2022				
Daily 1st Lunch Choice and Breakfast Choices				
22/23 SCHOOL YEAR - NO UNIVERSAL FREE MEALS Breakfast & Lunch is either paid, reduced cost or free. Student must be approved for meal eligibility. PAID MEALS K-5: Breakfast \$1.70; Lunch \$2.80. REDUCED MEALS: Breakfast \$.30; Lunch \$.40.			AUGUST 25 Chicken Parm Sandwich <i>Maple or Blueberry Waffles</i>	26 Fried Chicken leg w/cornbread <i>Strawberry or Cinnamon Poptarts</i>
				
29 Turkey and Cheese Sandwich <i>Apple or Banana Muffin</i>	30 Cheese Quesadilla w/Salsa <i>Strawberry or Blueberry NutriGrain Bar</i>	31 French Toast Brunch w/Sausage Patty <i>Coco Puff or Cinnamon Toast Crunch Cereal Bars</i>	SEPTEMBER 1 Sloppy Joe Sandwich <i>Mini Cinni or Mini Bagel w/ Cream Cheese Cup</i>	2  NO SCHOOL FOR STUDENTS Staff In-Service Day
5  DISTRICT CLOSED	6 Beef Tacos w/Cheese, Lettuce and Tomatoes <i>Cinnamon or Triple Berry French Toast</i>	7 Cereal Fun Lunch <i>Strawberry or Blueberry NutriGrain Bar</i>	8 Cheesy Dunkers w/Marinara <i>Maple or Blueberry Waffles</i>	9 Fish Sandwich <i>Strawberry or Cinnamon Poptarts</i>
12 Pulled Pork Sandwich <i>Apple or Banana Muffin</i>	13 Mucho Nachos w/ Turkey Taco Meat, Cheese, Lettuce & Tomatoes <i>Strawberry or Blueberry NutriGrain Bar</i>	14 Sausage & Egg Biscuit Brunch <i>Coco Puff or Cinnamon Toast Crunch Cereal Bars</i>	15 Mini Corn Dogs <i>Mini Cinni or Mini Bagel w/Cream Cheese Cup</i>	16 Toasted Cheese Sandwich <i>Cinn Toast Bowl or Strawberry Cream Cheese Stuffed Bagels</i>
19 Chicken Nuggets and Mashed Potatoes w/ Dinner roll <i>Chocolate or Blueberry Muffin</i>	20 Cheese Quesadilla w/Salsa <i>Cinnamon or Triple Berry French Toast</i>	21 Fried Chicken leg w/Cornbread <i>Strawberry or Blueberry NutriGrain Bar</i>	22 Pancake, Egg and Cheese Sandwich <i>Maple or Blueberry Waffles</i>	23 Popcorn Chicken w/ Biscuit <i>Strawberry or Cinnamon Poptarts</i>
26 Pretzel Fun Lunch <i>Apple or Banana Muffin</i>	27 Beef Tacos w/Cheese, Lettuce and Tomatoes <i>Strawberry or Blueberry NutriGrain Bar</i>	28 Pancake Brunch w/Sausage and Egg Patty <i>Coco Puff or Cinnamon Toast Crunch Cereal Bars</i>	29 Cheesy Dunkers w/ Marinara <i>Mini Cinni or Mini Bagel w/Cream Cheese Cup</i>	30 Loaded Tots w/Cheese & Bacon w/Dinner Roll <i>Cinn Toast Bowl or Strawberry Cream Cheese Stuffed Bagels</i>
Daily Alternative Lunch Choice				
Hot Dog	Chicken Patty Sandwich	Cheeseburgers	Muffin Fun Lunch	Pizza
DAILY LUNCH VEGETABLES & FRUIT				
Baked Beans	Green Beans	Steamed Carrots	Seasoned Corn	Steamed Broccoli
Assorted Fresh Vegetables, Assorted Fresh & Chilled Fruits, Assorted Fat Free & 1% Milk				
DAILY BREAKFAST SELECTIONS				
Assorted Fresh Fruit, Fruit Juice and Milk				

Due to continuing supply chain issues beyond our control,
ALL menu items are subject to change without notice.

Visit www.shipk12.nutrislice.com for calorie, nutrition and food allergy information.

SASD District Food Service Office: 717.530.2722 or E-Mail: cafe@ship.k12.pa.us