

SEPTEMBER | 2023

Carroll County Elementary Lunch



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28

29

30

31

1 Pizza or Corndog
Tossed Salad / Whole Kernel Corn / Watermelon Wedge / Juice Cup
School Made Chocolate Chip Cookie or Munchable w/ Ham and Cheese



5 Country Fried Steak w/Gravy & Roll
Chicken Nuggets w/ Roll
Cream Potatoes
Steamed Broccoli w/Cheese Juice Bar
Jell-O w fruit & Topping

6 Crispito w/Cheese Sauce
Pepperoni Pizza
Tossed Salad
Tortilla Chips w/Black Bean Salsa
Baked Cinnamon Apples
Orange Smiles

7 Chicken Nuggets w/Roll
Green Beans
Candied Yams
Cherry Applesauce
Fruit Parfait or
Grilled Chicken Caesar Salad Plate

8 BJ Sandwich w/Cheese Stick
Chicken Sandwich
Baked Chips / Dill Spear
Lettuce & Tomato Slices
Broccoli & Cauliflower & Dip
Pineapple Tidbits w/Kiwi

11 Hot Dog or
BBQ Sandwich
Baked Beans
Cole Slaw, Deli Roasters
Fresh Cut Fruit Bowl
Peach Slices

12 Hamburger w/Cheese or
Turkey Club
Lettuce, Tomato, Dill Slices
Baby Carrots w/Dip
Corn on Cob
Fresh Fruit Cup
Fresh Pear

13 Ham & Cheese Sandwich
or
Chicken Tenders w/ Roll
Garden Salad
Tater Tot Medley,
Pear Salad
Fresh baked cake w/
strawberries and topping

14 Tangerine Chicken or
Chef Salad
Vegetable Rice
Honey Glazed Carrots, Roll
Fresh Red Grape Cluster
Glazed Apple Slices

15 Manager's Choice

18 Chicken Bites
Fish and Shrimp Basket
Cornbread, Macaroni & Cheese
Blackeye Peas
Orange Wedges
Pineapple Tidbits w/Kiwi
Garnish

19 Sloppy Jo or
Cheeseburger
Baked Fries,
Lettuce, Tomato, Dill Slice,
Vegetables w/Dip,
Banana, Wacky Cake
Juice Cup

20 Chicken Nuggets w/ Roll
Creamed Potatoes,
California Blend Mixed
Vegetables,
Fruit Cocktail
Fresh White Grape Cluster
or
Chicken Caesar Salad Plate

21 Beef & Cheese Nachos or
Chicken Tetrizzini
Ranch Style Beans
Tossed Salad
Whole Kernel Corn
Rosey Red Pear Halves
Juice Cup

22 Sandwich w/Cheese Stick
or
Deli Ham
Baked Chips / Dill Spear
Lettuce & Tomato Slices
Broccoli & Cauliflower w/Dip
Pineapple Tidbits w/Kiwi
Juice Cup

25 Spaghetti w/Garlic Toast or
Soft Shell Tacos
Shredded Cheese Cup
Garden Salad, Marinated Black
Bean Salsa w/Tortilla Chips
Peach Slices
Juice Bar

26 Pepperoni Pizza or
Chicken Sandwich
Spinach & Strawberry Salad,
Corn on Cob, Lime Sherbet
Cherry Flavored Applesauce
School Made Brownie

27 Meatloaf or
Chicken Chunks
Rolls
Cream Potatoes, Brussel
Sprouts
Glazed Carrots,
Peaches, Fresh Pear

28 Burrito or
Soft Shell Taco
Lettuce /tomato/cheese cup
Refried Beans
Orange wedges
Fresh fruit bowl

29 Manager's Choice

News

APPLES MAKE UP HALF OF THE WORLD'S DECIDUOUS FRUIT TREE PRODUCTION

OVER 2,500 VARIETIES OF APPLES ARE GROWN IN THE UNITED STATES

APPLE PIE IS NOT AMERICAN THE FIRST RECIPE CAME FROM ENGLAND HUNDREDS OF YEARS AGO.

APPLES ARE HIGH IN FIBER.

IT TAKES AN APPLE TREE 4 TO 5 YEARS TO PRODUCE FRUIT AFTER IT IS PLANTED.

Menu Prices for Elementary School

Lunch	Amount
Student	\$2.50
Adult/Visitor	\$4.00
Extra Milk	\$0.60

