

Northeast Bradford Elementary Lunch Aug/Sept

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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

*May choose two 1/2 cup servings

*Fruits may include:




Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
*May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Alternates
10/2 Pasta w. Meatballs Garlic Bread Steamed Broccoli Mandarin Oranges Low Fat Milk	10/3 Cheeseburger on a Bun Baked Fries Fresh Banana Low Fat Milk	10/4 Hot Ham & Cheese on a Pretzel Bun Steamed Carrots Cinnamon Apples Low Fat Milk	10/5 Corn Dog Nuggets Baked Vegetarian Beans Orange Wedges Low Fat Milk  Fresh Produce from Local Farms based on crop availability	10/6 World Smile Day Buffalo Chicken Pizza or Say Cheese Pizza Green Beans Red Delicious Apple Low Fat Milk Smiley Treat !	Week 1 Popcorn Chicken w. Sliced Bread Turkey & Cheese Sandwich PB& J
10/9 NO School	10/10 Popcorn Chicken Bowl Mashed Potatoes w. Gravy Pineapple Tidbits Low Fat Milk	10/11 Creamy Macaroni & Cheese w/ Garlic Toast Broccoli Mandarin Oranges Low Fat Milk	10/12 Meatball Hoagie Steamed Peas Fresh Banana Low Fat Milk	10/13 Chicken Tenders w. Buttered Noodles Candied Carrots Peach Applesauce Low Fat Milk	Week 2 BBQ Rib Sandwich Breaded Chicken & Cheese Wrap PB & J
10/16 Hot Dog on a Bun Sweet Potato Fries Fresh Oranges Low Fat Milk	10/17 French Toast w/ Sausage Tater Tots Assorted Juice Low Fat Milk	10/18 General Tsos Chicken Bowl Mixed Vegetables Apple Low Fat Milk 	10/19 Beef & Cheese Burrito Buttered Corn Pineapple Tidbits Low Fat Milk	10/20 Chicken Patty or Spicy Chicken Patty Sandwich French Fries Pears Low Fat Milk	Week 3 Cheeseburger on a Bun Ham & Cheese Hoagie PB& J
10/23 Lasagna Roll Ups Garlic Bread Green Beans Mandarin Oranges Low Fat Milk	10/24 Beef Nachos w. Queso Fiesta Rice Golden Corn Pears Low Fat Milk	10/25 Chili & Cheese Bowl w. Warm Biscuit French Fries Apple Milk Choice	10/26 Grilled Cheese w/ Tomato Soup Carrot Coins Fresh Banana Low Fat Milk	10/27 NO School  Whole Grains Available Daily	Week 4 Chicken Nuggets w. Sliced Bread Italian Hoagie PB& J
10/30 Bacon, Egg, & Cheese on an English Muffin Tater Tots Assorted Juice Low Fat Milk	10/31 Pepperoni Pinwheel Buttered Carrots Apple Crisp Low Fat Milk	11/1 Pasta w/ Meatsauce & Garlic Bread Italian Green Beans Peaches Low Fat Milk	11/2 Salisbury Steak w/ Buttered Noodles Mashed Potatoes w. Gravy Fruit Cocktail Low Fat Milk	11/3 Sausage & Cheese or Plain Pizza Steamed Broccoli Mixed Berry Applesauce Milk Choice	Week 5 Chicken Patty Sandwich Turkey & Cheese Wrap PB& J
11/6 Chicken Parm over Pasta Green Beans Pineapple Low Fat Milk	11/7 Walking Tacos Steamed Rice Buttered Corn Fresh Orange	11/8 Chicken & Gravy over Biscuit Mashed Potatoes Applesauce Low Fat Milk	11/9 Korean BBQ Dumplings w/ Fried Rice Sweet Peas Mandarin Oranges	11/10 Chicken Quesadilla Black Beans Apple Low Fat Milk	Week 6 Hot Dog on a Bun Ham & Cheese Sandwich PB& J