

# CELC, Munson and Park



## MEAL PRICING:

Lunch Full Price	\$3.25
Reduced Lunch Price	\$.40
Milk Only	\$.50

## Lunch Menu

## September-December 2022

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> *Chocolate milk add 10 carbs	<b>Meatless Monday</b> Bosco Sticks (2) <b>34</b> With Marinara Sauce <b>4</b> Green Beans <b>4</b> Fruit Selection <b>15</b> Choice of Milk <b>12</b> Total Carbs <b>69</b>	Popcorn Chicken <b>17</b> Dinner Roll <b>12</b> Mashed Potatoes <b>17</b> Gravy <b>8</b> Sweet Corn <b>16</b> Frozen Fruit Slushy <b>22</b> Choice of Milk <b>12</b> Total Carbs <b>104</b>	<b>Brunch for Lunch</b> French Toast Sticks with Sausage <b>38</b> Potato Rounds <b>24</b> Cinnamon Apples <b>19</b> Choice of Milk <b>12</b> Total Carbs <b>93</b>	<b>Sandwich Time</b> Cheeseburger <b>29</b> Or Hamburger On Bun <b>28</b> Burger trimmings <b>21</b> Baked Beans <b>21</b> Fruit Selection <b>15</b> Choice of Milk <b>12</b> Total Carbs <b>105</b>	<b>Big Daddy's</b> Primo Cheese <b>33</b> (Pizza shop style) Pizza Hut <b>29</b> - Park Broccoli <b>5</b> Fruit Selection <b>15</b> Cookie <b>NO</b> Choice of Milk <b>12</b> Total Carbs <b>65 BD</b> Total Carbs <b>61 PH</b>
<b>2</b> Chocolate milk add 10 carbs	Popcorn Chicken <b>17</b> Dipping Sauce Cheddar Pretzel <b>20</b> Mashed Potatoes <b>17</b> Gravy <b>8</b> Green Beans <b>4</b> Fruit Selection <b>15</b> Choice of Milk <b>12</b> Total Carbs <b>93</b>	<b>Nacho Tuesday</b> WG Nacho Chips Taco Meat and Cheese Sauce, <b>28</b> Black Beans <b>20</b> Sweet Corn <b>16</b> Fruit Selection <b>15</b> Choice of Milk <b>12</b> Total Carbs <b>91</b>	Italian time Meatball Sub Marinara sauce <b>48</b> Seasoned Broccoli <b>4</b> Fruit Selection <b>15</b> Welch Fruit <b>NO</b> Choice of Milk <b>12</b> Total Carbs <b>79</b>	Mini Corn Dogs <b>35</b> Dipping Sauce <b>6</b> Crispy Oven Fries <b>16</b> Green Peas <b>11</b> Fruit Selection <b>15</b> Choice of Milk <b>12</b> Total Carbs <b>95</b>	<b>Big Daddy's</b> Pepperoni or Cheese <b>33</b> Pizza Hut <b>29</b> Mu Tossed Salad <b>3</b> Fruit Selection <b>15</b> Frozen Treat Choice of Milk <b>12</b> Total Carbs <b>63 BD</b> Total Carbs <b>59 PH</b>
<b>3</b> Chocolate milk add 10 carbs	<b>Meatless Monday</b> Cheese Bread Dipper Pizza Marinara Sauce <b>54</b> Mixed Vegetables <b>6</b> Juice Cup <b>13</b> Mini Rice Krispie NO Choice of Milk <b>12</b> Total Carbs <b>85</b>	<b>Taco Tuesday</b> Walking Taco <b>28</b> Refried Beans <b>20</b> Potato Smiles <b>24</b> Steamed Corn <b>16</b> Fruit Selection <b>15</b> Choice of Milk <b>12</b> Total Carbs <b>115</b>	<b>Chicken Nuggets</b> Dinner roll <b>22</b> Dipping Sauce <b>6</b> Sweet Corn <b>16</b> Fruit Selection <b>15</b> Choice of Milk <b>12</b> Total Carbs <b>71</b>	<b>Brunch for Lunch</b> Mini Maple Pancakes Sausage Links <b>40</b> Potato Rounds <b>24</b> Cinnamon Apples <b>19</b> Choice of Milk <b>12</b> Total Carbs <b>95</b>	<b>Big Daddy's</b> Pepperoni/ Cheese <b>33</b> (Pizza shop style) Pizza Hut <b>29</b> - Park Seasoned Cauliflower <b>6</b> 100% Juice cup <b>13</b> Choice of Milk <b>12</b> Total Carbs <b>64 BD</b> Total Carbs <b>60 PH</b>
<b>4</b> Chocolate milk add 10 carbs	Popcorn Chicken <b>17</b> Dipping Sauce <b>6</b> Fluffy Roll <b>12</b> Mashed Potatoes <b>17</b> Gravy <b>8</b> Green Beans <b>4</b> Fruit Selection <b>15</b> Choice of Milk <b>12</b> Total Carbs <b>91</b>	<b>Taco Tuesday</b> Beef Taco <b>35</b> Black Beans, <b>20</b> Shredded Cheese, Lettuce Seasoned Corn <b>16</b> Fruit Selection <b>15</b> Choice of Milk <b>12</b> Total Carbs <b>98</b>	Italian time Pizza Calzone Marinara sauce Seasoned <b>38</b> Broccoli <b>4</b> Fruit Selection <b>15</b> Choice of Milk <b>12</b> Cookie <b>NO</b> Total Carbs <b>69</b>	<b>Sandwich time</b> Crispy Chicken Filet WG Bun <b>41</b> Green Beans <b>4</b> Fruit Selection <b>15</b> Choice of Milk <b>12</b> Total Carbs <b>72</b>	<b>Big Daddy's</b> Primo Cheese <b>33</b> (Pizza shop style) Pizza Hut <b>29</b> - Munson Tossed Salad <b>3</b> Fruit Selection <b>15</b> Choice of Milk <b>12</b> Total Carbs <b>64 BD</b> Total Carbs <b>60 PH</b>

## OTHER DAILY SELECTIONS:

### Alternative ENTREE

Tony's Galaxy  
 Pizza **26g**  
 Vegetable of the day **4-11g**  
 Fruit of the day **14g**  
 Choice of Milk **11-22g**

### SNACKS

We offer a variety of a la carte snack items in our cafeteria

### DRINKS

Milk Choices: Fat Free Unflavored, & Fat Free  
 Chocolate **\$.50**  
 100% Juice **\$1.00**  
 8oz Water **\$.075**  
 16oz Water **\$1.00**

Menu selection is subject to change at any time.

S	M	T	W	T	F	S

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

■ Week 1 Meal Plan  
 ■ Week 2 Meal Plan  
 ■ Week 3 Meal Plan  
 ■ Week 4 Meal Plan