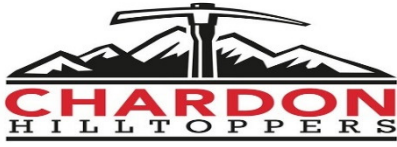


CELC, Munson and Park



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
1	<u>Meatless Monday</u> Bosco Sticks (2) With Marinara Sauce Green Beans Fruit Selection Choice of Milk	<u>Popcorn Chicken</u> Dinner Roll Mashed Potatoes Gravy Sweet Corn Frozen Fruit Slushy Choice of Milk	<u>Brunch for Lunch</u> French Toast Sticks with Sausage Potato Rounds Cinnamon Apples Choice of Milk	<u>Sandwich Time</u> Cheeseburger Or Hamburger On Bun Burger trimmings Baked Beans Fruit Selection Choice of Milk	<u>Big Daddy's Primo Cheese</u> (Pizza shop style) Pizza Hut - Park Seasoned Broccoli Fruit Selection Cookie Choice of Milk
2	<u>Popcorn Chicken</u> Dipping Sauce, Cheddar Pretzel Mashed Potatoes Gravy Green Beans Fruit Selection Choice of Milk	<u>Nacho Tuesday</u> WG Nacho Chips Taco Meat and Cheese Sauce, Black Beans, Sweet Corn Fruit Selection Choice of Milk	<u>Italian time</u> Meatball Sub Marinara sauce Garlic Bread Seasoned Broccoli Fruit Selection Welch Fruit Snacks Choice of Milk	<u>Mini Corn Dogs</u> Dipping Sauce Crispy Oven Fries Yummy Green Peas Fruit Selection Choice of Milk	<u>Big Daddy's Pepperoni or Cheese</u> Pizza Hut - Munson Tossed Salad Fruit Selection Frozen Treat Choice of Milk
3	<u>Meatless Monday Cheese Bread Dipper Pizza</u> Marinara Sauce Mixed Vegetables Juice Cup Mini Rice Krispie Choice of Milk	<u>Taco Tuesday Walking Taco</u> Refried Beans Potato Smiles Steamed Corn Fruit Selection Choice of Milk	<u>Chicken Nuggets</u> Dinner roll Dipping Sauce Sweet Corn Fruit Selection Choice of Milk	<u>Brunch for Lunch</u> Mini Maple Pancakes Sausage Links Potato Rounds Cinnamon Apples Choice of Milk	<u>Big Daddy's Pepperoni or Cheese</u> (Pizza shop style) Pizza Hut - Park Seasoned Cauliflower 100% Juice cup Choice of Milk
4	<u>Popcorn Chicken</u> Dipping Sauce, Fluffy Roll Mashed Potatoes Gravy Green Beans Fruit Selection Choice of Milk	<u>Taco Tuesday</u> Beef Taco Black Beans, Shredded Cheese, Lettuce Seasoned Corn Fruit Selection Choice of Milk	<u>Italian time</u> Pizza Calzone Marinara sauce Seasoned Broccoli Fruit Selection Fresh Baked Choice of Milk Cookie	<u>Sandwich time</u> Crispy Chicken Filet WG Bun Green Beans Fruit Selection Choice of Milk	<u>Big Daddy's Primo Cheese</u> (Pizza shop style) Pizza Hut - Munson Tossed Salad Fruit Selection Choice of Milk

OTHER DAILY SELECTIONS:

Alternative ENTREE

Tony's Galaxy
Pizza
Vegetable of the day
Fruit of the day
Choice of Milk

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.

Nutrition bites : Have grab-and-go alternatives (fresh fruit, individual boxes of cereal, yogurt or smoothies, trail-mix) on days when there is little or no time to eat

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