

Laurel County Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Tenders Sides: Whipped Potatoes White Cream Gravy Green Beans Hot Biscuit	Hot Dogs w/Chili Or Chili Bun Sides: Garden Salad French Fries Fruit Slush	Oven Roasted Chicken Sides: Red Skin Potatoes Broccoli & Cheese Hot Baked Rolls	Turkey Bacon Sub Or Bologna Sandwich Sides: Carrots/dip Corn on Cob Baked Chips	Taco Salad Sides: Refried Beans Mexican Rice Homemade Cookie
Corn Dog Sides: Glazed Carrots Green Beans Pudding	Baked Ham Sides: Mashed Potatoes Pinto Beans Cornbread Mandarin Oranges	Managers Choice Or Breakfast for Lunch	Hamburger Or Cheeseburger Sides: Lettuce/Tom/Pick Corn Baked Chips	Pizza Sides: Garden Salad Crin Cut Fires Homemade Dessert
Chicken Sandwich Sides: French Fries Peas	Bosco Sticks w/ Marinara Sauce Sides: Tossed Salad Corn Jello	School Choice Sides: Mashed Potatoes Glazed Carrots Hot Rolls	Hot Dogs w/Chili Or Chili Bun Sides: Celery/dip BBQ Beans Baked Chips	Fish Sticks Sides: Green Beans Cole Slaw Macaroni & Cheese Brownie
Chicken Nuggets Sides: Mashed Potatoes Steamed Broccoli Hot Rolls	Pork BBQ Sliders Sides: Carrots/dip Corn on Cob Baked Chips	Spaghetti/Lasagna* Sides: Green Beans Tossed Salad Garlic Bread	Hamburger Or Cheeseburger Sides: Lettuce/Tom/Pickles French Fries Frozen Fruit Bar	Soup & Grilled Cheese Sides: Tossed Salad Crackers Sherbet Cup

DAILY CHOICES

Grab & Go Lunch

- Monday** – Cheese & Crackers
- Tuesday** – Chef Salad
- Wednesday** – Cheese & Yogurt
- Thursday** – Chef Salad
- Friday** – Sunbutter/Jelly Sandwich

With:

- Veggie Sticks /Red Fat Dip
- Fruit
- Baked Chips

Sub Sandwich

Turkey or Ham
(excluding Thursday)

Milk Choices

- 1% Milk
- Skim Milk

100% Fruit Juice

- Grape
- Orange
- Apple

Fruit Choices

- Apple
- Banana
- Grapes
- Orange
- Pears
- Peaches
- Tangerines
- Various Canned Fruits

*as available

AUGUST 11						
S	M	T	W	Th	F	S
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28	29	30	31			

SEPTEMBER 11						
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OCTOBER 11						
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NOVEMBER 11						
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DECEMBER 11						
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JANUARY 12						
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FEBRUARY 12						
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MARCH 12						
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APRIL 12						
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MAY 12						
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27	28	29	30	31		

Menus subject to change

No School

Managers Choice/Special Days

August 10,11,12 Opening of School

Menu: Use Yellow Tues, Monday & Thursday

September 12 Red, White & Blue Day

Menu: Stars & Stripes Chicken, Smiley Fries, Vegetable Sticks & Dip, Red-White & Blue Cake

October 14 50's Day

Menu: Switch with Oct 13, add ice cream sundaes

November 17-22 Managers Choice (includes Thanksgiving Dinner)

Menu: Turkey & Dressing, Mashed Potatoes & Gravy, Green Beans, Hot Rolls, Dessert of your choice (Grab & Go)

December 15-20 Managers Choice (includes Christmas Dinner)

Menu: Baked Ham, Mashed Potatoes, Peas, Hot Rolls
Dessert of your choice (grab & go)

March 2 Dr. Seuss Birthday

Menu: Breakfast, Green Eggs & Ham, Cereal & Toast, Jelly
Lunch: Birthday Cake

April 5 Luau Day

Menu: Pork Rib on Bun, potato choice, fresh vegetables, Fresh fruit salad w/pineapple & Kiwi (switch menus with April 3)

May 4 Derby Breakfast

Menu: Breakfast, Sausage & Bacon, scrambled eggs, gravy & biscuits, fried apples, potato cubes, jelly

May 9 Teachers Day

Menu: Make something special for our teachers (dessert, etc)
Take to the teachers lounge

May 4-11 Managers Choice

Notes:

Red Managers Choice (Sept, Nov, Dec, Feb, April)

Breakfast for lunch (Aug, Oct, Jan, March) Sausage/Chicken & Biscuit, scrambled eggs, baked apples, potato cubes

Soup Menu (vegetable or chili with beans)

Spaghetti – Aug, Oct, Jan, Mar

Lasagna – Sept, Nov, Feb, April

Homemade dessert can be cobbler, cake, dirt cake, cheesecake, banana pudding

Nutritional Information

Sunbutter is an alternative to peanut butter and is produced in a peanut and tree nut free facility, also dairy, egg and gluten free

All bread and buns served are whole grain items

Pizza has 51% whole grain crust, low fat, low sodium 100% mozzarella

French fries are reduced sodium

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Ala Carte Items

(.50)

Sunchips	56970
Baked Cheetos	57025
Munchies	57145
Pretzels	57035
Baked Doritos	57140
Dolphin Cracker packs	01300
Giant Goldfish graham	59520
100 Calorie packs	
Animal Crackers	01345
Fruit Roll Ups	44550
Bug Bites	48078
Jello	
Elf Grahams	58570
Scooby Sticks	39733
Chex Mix	44010
Cheese It Red Fat	55090

(.60)

Capri Sun	
Trix Yogurt	13055
Pudding Cup	01027
Go-Gurt	13055
Cereal Bars	
Cereal	
(sugar free & less sugar)	
(.30)	
Bottled Water 8 oz	40940
Milk/Juice 4 & 6 oz	

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