




**ELK CITY PUBLIC SCHOOLS
MENU
SEPTEMBER 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
2  NO SCHOOL!	3 Cheese Omelet w/ Salsa Fruit Choice Mini Corndogs Mac and Cheese Baked Beans Fruit Choice	4 Biscuit and Gravy Fruit Choice Popcorn Chicken Bowl Corn Mashed Potatoes and Gravy Hot Roll Fruit Choice	5 French Toast Sticks w/ Syrup Fruit Choice Asian Chicken Brown Rice Fresh Salad Grape Tomatoes Fruit Choice	6 Muffin Choice Fruit Calzone Marinara Corn Salad Carrot Sticks Fruit Choice
9 Cheesy Scrambled Eggs w/ Bacon Fruit Choice Hamburger/Cheeseburger French Fries/Potato Smiles(Elem) Baked Beans Pickle Spear Fruit Choice	10 Sausage & Cheese Biscuit Fruit Choice Frito Chili Pie Shredded Cheese Glazed Carrots Fruit Choice	11 Breakfast Pizza Fruit Choice Chicken Tenders Green Beans Mashed Potatoes & Gravy Hot Roll Fruit Choice	12 Cinnamon Roll Applesauce Cheese Bites Italian Veggies Salad w/Ranch Marinara Fruit Choice	13 Pancakes w/ Syrup Fruit Choice Stuffed Crust Pizza Carrot Sticks w/ Ranch Corn Fruit Choice
16 Yogurt and Granola Fruit Choice Beef Burrito MexiBeans Spanish Rice Carrots Fruit Choice	17 Cheese Omelet w/ Salsa Fruit Choice Steak Fingers Scalloped Potatoes Fresh Salad w/ Ranch Hot Roll Fruit Choice	18 Biscuit and Gravy Fruit Choice Chicken Nuggets Green Beans Mashed Potatoes w/ Gravy Hot Roll Fruit Choice	19 French Toast Sticks w/ Syrup Fruit Choice Rib Dippers w/ BBQ Sauce Baked Beans Fresh Salad w/ Ranch Garlic Bread Fruit Choice	20  FREE FRIDAY
23  Professional Development Day	24 Sausage & Cheese Biscuit Fruit Choice Asian Chicken Brown Rice Peas Fresh Salad Fruit Choice	25 Breakfast Pizza Fruit Choice Chicken Strips Mashed Potatoes w/ Gravy Green Beans Hot Roll Fruit Choice	26 Cinnamon Roll Applesauce Grilled Cheese Fresh Salad w/ Carrot Sticks Sun Chips Fruit Choice	27 Pancakes w/ Syrup Fruit Choice Cheese Sticks Marinara Garbonzo Bean Salad Corn Fruit Choice
30 Yogurt and Granola Fruit Choice Mini Corndogs Baked Beans Carrots w/ Ranch Fruit Choice	1	2	3	4

VARIETY OF MILK AND 100% FRUIT JUICE OFFERED DAILY. MENUS ARE SUBJECT TO CHANGE. CEREAL AND TOAST ARE AVAILABLE DAILY FOR BREAKFAST.

A "Grab and Go" option of a meat and cheese sandwich, fresh fruit and vegetable, and milk and juice are available daily at each site for lunch.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.