

September 2018 EUFAULA ELEMENTARY/MIDDLE SCHOOL

LUNCH



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

No School

3

Tuesday

Chicken Stix & Waffle Stix
Peas & Carrots
Salad Bar
Fruit
Milk

4

Wednesday

Spaghetti
Broccoli
Breadstick
Salad Bar
Fruit
Milk

5

Thursday

Mini Rib Bites
Green Beans
Dinner Roll
Salad Bar
Fruit
Milk

6

Friday

Cheeseburger
Tater Tots
Carrots w/Ranch
Salad Bar
Fruit
Milk

7

Hot Dog
Baked Beans
Broccoli w/Ranch
Salad Bar
Fruit
Milk

10

Chicken Wraps
Roasted Carrots
Chips
Salad Bar
Fruit
Milk

11

Sloppy Joes
French Fries
Salad Bar
Fruit
Milk

12

Chicken Strips
Mashed Potatoes
Gravy
Rolls
Salad Bar
Fruit
Milk

13

No School

14

Corn Dog
Mac & Cheese
Green Beans
Salad Bar
Fruit
Milk

17

Rigatoni
Broccoli & Cheese
Breadstick
Salad Bar
Fruit
Milk

18

Steak fingers
French Fries
Gravy
Peas
Salad Bar
Fruit
Milk

19

Fish Sticks
Peas & carrots
Rolls
Salad Bar
Fruit
Milk

20

Ham & Cheese Sandwich
Chips
Pork & Beans
Salad Bar
Fruit
Milk

21

Meatball Sub
Parmesan Fries
Carrot Sticks
Salad Bar
Fruit
Milk

24

Nacho Bar
Beef, beans, queso,salsa
Salad Bar
Fruit
Milk

25

Frito Chili Pie
Corn
Salad Bar
Fruit
Milk

26

Stromboli w/Marinara
Cesear Salad
Salad Bar
Fruit
Milk

27

Chicken Sandwich
Tater Tots
Salad Bar
Fruit
Milk

28

