



September 1-30, 2022

SEPTEMBER 2022

Country Trails, Howard B. Thomas, Lily Lake,
Prairie View Elementary School Lunch Menu

Student Lunch: 3.00
Reduced Milk: \$0.40
Milk: \$0.40
\$3.75 Adult / Teacher Lunch

Monday

Tuesday

Wednesday

Thursday

Friday



Breaded Mozzarella Cheese Sticks (6)
w / Marinara sauce
Mixed Green Salad w / Cherry Tomatoes
w / Ranch Dressing
Green Beans
Applesauce Cup
Choice of Milk

1

Beef Hot Dog on a WG Bun

Baked Vegetarian Beans
Carroteenies w / Ranch Dip
Mixed Fruit Cup

Choice of Milk

2



5

Chicken Nuggets (5)

Oven French Fries
Carroteenies w / Ranch Dip
Applesauce Cup

Choice of Milk

6

Hamburger on a WG Bun

Crispy Tator Tots
Fresh Broccoli Florets
w / Ranch Dip
Chilled Pears

Choice of Milk

7

Soft Beef Taco w / Cheese, Lettuce, Salsa

Fiesta Black Beans
Crunchy Celery Sticks
w / Ranch Dip
Chilled Peaches

Choice of Milk

8

Cheese Pizza Slice

Fresh Garden Salad w / Cherry Tomatoes
w / Ranch Dressing
Seasoned Corn
Fresh Apple Slices

Choice of Milk

9

Mini Waffles w / Chicken Sausage Patty & Maple Syrup Cup
Cheese Stick
Dragon Punch Juice Box
Hash Brown Rounds (2)
Chilled Pears

Choice of Milk

12

Bosco Cheese Sticks (2) w / Marinara Sauce

Oven French Fries
Carroteenies w / Ranch Dip
Fresh Apple Slices

Choice of Milk

13

Cheese or Pepperoni Pizza Slice

Green Beans
Fresh Broccoli Florets w / Ranch Dip
Chilled Pears

Choice of Milk

14

Turkey Corn Dog

Crispy tater Tots
Fresh Garden Salad w / Cherry Tomatoes
w / Ranch Dip
Mixed Fruit Cup

Choice of Milk

15

Cheeseburger on a WG Bun

Baked Vegetarian Beans
Crunchy Celery Sticks
w / Ranch Dip
Frozen Fruit Slushy

Choice of Milk

16

Chicken Nuggets (5)

Seasoned Corn
Fresh Broccoli Florets w / Ranch Dip
Chilled Pears

Choice of Milk

19

American Sub Made w / Turkey & Cheese with Bag of Chips

Crunchy Celery Sticks w / Ranch Dip
Green Beans
Mixed Fruit Cup
Choice of Milk

20

Beef Nachos w / Salsa

Fiesta Black Beans
Carrot Sticks w / Ranch Dip
Juicy Orange Wedges

Choice of Milk

21

Round 5" Cheese Pizza

Fresh Garden Salad w / Cherry Tomatoes
w / Ranch Dressing
Green Beans
Frozen Fruit Slushy

Choice of Milk

22

Macaroni & Cheese

Tender Peas
Crunchy Celery Sticks w / Ranch Dip
Fresh Apple Slices

Choice of Milk

23

Cinnamon French Toast Sticks (3) & Maple Syrup Cup w / Chicken Sausage Patty

Dragon Punch Juice Box
Hash Brown Rounds (2)
Chilled Peaches
Choice of Milk

26

Chicken Tenders (3)

Green Beans
Carroteenies w / Ranch Dip
Fresh Apple Slices

Choice of Milk

27

Beef Hot Dog on a WG Bun

Baked Vegetarian Beans
Oven Baked French Fries
Cherry Star Juice Box

Choice of Milk

28

Cheese Pizza Slice

Tender Peas
Mixed Green Salad w / Cherry Tomatoes
w / Ranch Dressing
Chilled Pears

Choice of Milk

29

Breaded Chicken Patty on a WG Bun

Seasoned Corn
Fresh Broccoli Florets w / Ranch Dip
Juicy Orange Wedges

Choice of Milk

30

Choice of Milk: 1% Low-Fat Unflavored Fat-Free Chocolate



Grilled Cheese Sandwich is Offered Daily



Menu Subject to Change without Notice

