

SOUTHERN WELLS ELEMENTARY SCHOOL

SUMMER/FALL MENU

2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Chicken tenders Applesauce Mashed potatoes Red peppers B/B Milk	Sausage gravy w/Biscuit Mixed fruit Hash browns Carrots Milk	Fish nuggets Mac/cheese Pears Baked beans Fresh broccoli, B/B Milk	Cheese omelet French toast sticks Juice cup Hash browns Celery Milk	Rectangle pizza Peaches Peas Cherry tomatoes Milk
Week 2	Cheeseburger French fries Applesauce Cucumbers Milk	Taco Tuesday Mixed fruit Refried beans Celery Tortilla chips Milk	Lasagna Bosco Pears Lettuce Red peppers Milk	Chicken and noodles Mashed potatoes Apple Green beans Roll/butter Milk	Chicken nuggets Peaches Corn Carrots B/B Milk
Week 3	Chicken fajita Tortilla chips Applesauce Green beans Red/green peppers and Milk	Salisbury Steak w/gravy Mixed fruit Mashed potatoes Carrots Roll/butter and Milk	Br. Chicken sand Pears Baked beans Cooked broccoli Milk	Sausage patties Pancakes or waffles Juice cup Celery Hash brown Milk	Stuffed crust pizza Peaches Corn Cherry tomatoes Milk
DATES	<u>WEEK 1</u>	<u>WEEK 2</u>	<u>WEEK 3</u>	<u>Sack lunch option</u>	<u>Chef salad option</u>
	8/8 10/31 8/29 11/21 9/19 12/12 10/10	8/15 11/7 9/5 11/28 9/26 12/19 10/17	8/22 11/14 9/12 12/5 10/3 10/24	M-Pizza lunchable T/Th-Uncrustable W- Ham lunchable F-Turkey lunchable Fruit, veggies and Milk	Available daily 6" clam shell w/lettuce, ham and cheese, Fruit, veggies and Milk

FRESH VEGETABLES SERVED DAILY (STUDENTS MUST PICK A FRUIT OR VEGETABLE DAILY)