

# SOUTHERN WELLS ELEMENTARY SCHOOL

## SUMMER/FALL MENU

**2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>	Chicken tenders Applesauce Mashed potatoes Red peppers B/B and Milk	Tenderloin sand Mixed fruit French fries Carrots Milk	Corn dog Pears Baked beans, chips Fresh broccoli Milk	Cheese omelet French toast sticks Oranges Hash browns Celery and Milk	Rectangle pizza Peaches Peas Cherry tomatoes Milk
<b>Week 2</b>	Cheeseburger French fries Applesauce Cucumbers Milk	Taco Tuesday Mixed fruit Refried beans Rice, Red peppers Tortilla chips Milk	Lasagna Bosco Pears Lettuce Tomatoes Milk	Chicken and noodles Mashed potatoes Apple Green beans Roll/butter Milk	Chicken nuggets Peaches Corn Carrots B/B Milk
<b>Week 3</b>	Smokies and Mac/cheese 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
<b>DATES</b>	<u><b>WEEK 1</b></u> 8/7      10/30 8/28     11/20 9/18     12/11 10/9	<u><b>WEEK 2</b></u> 8/14      11/6 9/4        11/27 9/25      12/18 10/16	<u><b>WEEK 3</b></u> 8/21      11/13 9/11      12/4 10/2 10/23	<u><b>Sack lunch option</b></u> <b>Peanut butter and grape jelly uncrustable, cheese stick, chips, fruit, veggies and Milk</b>	<u><b>Chef salad option</b></u> <b>Available daily 6" clam shell w/lettuce, ham and cheese, Fruit, veggies and Milk</b>
	<b>MENU'S</b>	<b>SUBJECT</b>	<b>TO CHANGE</b>		

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