

# Mills Lawn Elem. September Lunch Menu

Food Service Director: Michelle Martin  
Yellowsprings@thenutritiongroup.biz  
937-767-7217 ext. 2007



## What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread,  
and Choice of Milk

\*Students must choose at least one fruit or vegetable



## Fresh Fruits and Vegetables Offered Daily

### \*Vegetables include:

Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber

\*May choose two 1/2 cup servings

### \*Fruits include:

Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits

Diced Pears  
Applesauce  
\*May choose 1/2 cup serving

MENUS SUBJECT TO CHANGE



## Milk Choices Offered Daily

Fat Free Chocolate,  
Fat Free White and Low Fat White

Lunch Prices:  
Paid \$2.75  
Reduced \$.40

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	<b>LABOR DAY</b>  <b>No School</b>	3 <b>Salisbury Steak with Gravy</b> Mashed Potatoes Dinner Roll Steamed Carrots Sliced Apples Fat Free Milk	4 <b>2 Hr LATE START</b> <b>Chicken Alfredo over Pasta</b> Garlic Breadstick Steamed Broccoli Sliced Peaches Fat Free Milk	5 <b>Hamburger/Cheeseburger</b> Baked Beans Mandarin Oranges Fat Free Milk	6 <b>Toasted Cheese and Tomato Soup</b> Seasoned Green Beans Apple Sauce Fat Free Milk
9	<b>Sloppy Joe on a Bun</b> Oven Fries Diced Peaches Fat Free Milk	10 <b>Hot Dog on a Bun</b> Sweet Corn Kernels Chilled Pears Fat Free Milk	11 <b>Spaghetti w/ Meatballs</b> Garlic Breadstick Seasoned Carrots Pineapple Tidbits Fat Free Milk	12 <b>Popcorn Chicken Bowl</b> Popcorn Chicken Mashed Potatoes Steamed Corn Mixed Fruit Fat Free Milk	13 <b>Italian Dunkers with Marinera Sauce</b> Caesar Salad Cinnamon Apples Low Fat Milk
16	<b>Chicken Patty on Bun</b> Steamed Carrots Pineapple Chunks Fat Free Milk	17 <b>Breakfast for Lunch</b> <b>French Toast Sticks</b> Sausage Links Tator Tots Apple Sauce Fat Free Milk	18 <b>2 Hr LATE START</b> <b>Meatball Hoagie with Shredded Cheese</b> Seasoned Green Beans Chilled Pears Fat Free Milk	19 <b>Breaded Chicken Nuggets</b> Dinner Roll Steamed Corn Fruit Cup Fat Free Milk	20 <b>Nacho Grande</b> Seasoned Beef over Tortilla Chips with cheese and salsa Steamed Rice Steamed Broccoli Peaches
23	<b>Hot Ham and Cheese</b> Green Beans Diced Peaches Fat Free Milk	24 <b>Creamy Mac &amp; Cheese</b> Dinner Roll Carrot Coins Chilled Pears Fat Free Milk	25 <b>Open Face Hot Turkey with Gravy</b> Mashed Potatoes Corn Kernels Mixed Fruit Fat Free Milk	26 <b>Chicken &amp; Cheese Quesadilla</b> Sante Fe Rice Refried Beans Mandarin Oranges Fat Free Milk	27 <b>Homemade Pizza</b> Field Green Salad Apple Sauce Fat Free Milk
30	<b>Crispy Beef Tacos</b> Seasoned Rice Steamed Green Beans Chilled Peaches Fat Free Milk	  Fresh Produce from Local Farms based on crop availability			The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE
<b>AVAILABLE DAILY:</b>	<b>Grab and Go Box Salads:</b> Choice of Chef, Garden & Caesar	<b>Deli Sandwiches:</b> Turkey or Ham and Cheese	<b>Cheese Sandwiches</b> Uncrustables		