



School District of Beloit K-3 Lunch Menu

September 2016

READING ROCKS!

Reading is like exercise for your brain.
Read every day to keep your mind strong
and learn exciting new things.

5

No School

Labor Day

6

Nachos

Alternate Choice

Popcorn Chicken Salad
Chicken Deli Wrap

Fruit & Vegetable choice

Refried Beans
Tomatoes
Assorted Fresh Fruit

7

Chicken Nugget w/ Pretzel Rod

Alternate Choice

Pizza Chef Salad
Chicken Deli Sandwich

Fruit & Vegetable choice

Sweet Potatoes
Fresh Broccoli
Assorted Fresh Fruit

1

Hot Dog

Alternate Choice

Chef Salad
Ham Deli Sandwich

Fruit & Vegetable choice

Baked Beans
Red Pepper Strips
Assorted Fresh Fruit

2

Cheese Pizza

Alternate Choice

Popcorn Chicken Salad
Ham Deli Wrap

Fruit & Vegetable choice

Steamed Spinach
Fresh Baby Carrot
Assorted Fresh Fruit

12

BBQ Riblet

Alternate Choice

Chef Salad
Ham Deli Sandwich

Fruit & Vegetable choice

Whipped Potatoes
Fresh Baby Carrot
Assorted Fresh Fruit

13

Max Pizza Sticks

Alternate Choice

Popcorn Chicken Salad
Ham Deli Wrap

Fruit & Vegetable choice

Steamed Corn
Red pepper Strips
Assorted Fresh Fruit

14

Chicken Nugget w/ Pretzel Rod

Alternate Choice

Chef Salad
Ham Deli Sandwich

Fruit & Vegetable choice

Whipped Potatoes
Tomatoes
Assorted Fresh Fruit

15

Tacos

Alternate Choice

Popcorn Chicken Salad
Ham Deli Wrap

Fruit & Vegetable choice

Refried Beans
Cauliflower
Assorted Fresh Fruit

16

Cheese Pizza

Alternate Choice

Chef Salad
Ham Deli Sandwich

Fruit & Vegetable choice

Steamed Spinach
Cucumber Slices
Assorted Fresh Fruit

19

Cheeseburger Day

Cheeseburger

Alternate Choice

Popcorn Chicken Salad
Chicken Deli Wrap

Fruit & Vegetable choice

Whipped Potatoes
Red Pepper Strips
Assorted Fresh Fruit

20

Cheese Quesadilla

Alternate Choice

Pizza Chef Salad
Chicken Deli Sandwich

Fruit & Vegetable choice

Refried Beans
Fresh Jicama Sticks
Assorted Fresh Fruit

21

Chicken Nugget w/ Pretzel Rod

Alternate Choice

Popcorn Chicken Salad
Chicken Deli Wrap

Fruit & Vegetable choice

Whipped Potatoes
Fresh Zucchini
Assorted Fresh Fruit

22

Corn Dog

Alternate Choice

Pizza Chef Salad
Chicken Deli Sandwich

Fruit & Vegetable choice

Steamed Broccoli
Tomatoes
Assorted Fresh Fruit

23

Pepperoni Pizza

Alternate Choice

Popcorn Chicken Salad
Chicken Deli Wrap

Fruit & Vegetable choice

Steamed Green Beans
Fresh Baby Carrots
Assorted Fresh Fruit

26

National Pancake Day

Pancakes w/ Sausage

Alternate Choice

Chef Salad
Ham Deli Sandwich

Fruit & Vegetable choice

Veggie Juice
Red Pepper Strips
Assorted Fresh Fruit

27

Chicken Pot Pie

Alternate Choice

Popcorn Chicken Salad
Ham Deli Wrap

Fruit & Vegetable choice

Whipped Potatoes
Fresh Baby Carrots
Assorted Fresh Fruit

28

Tacos

Alternate Choice

Chef Salad
Ham Deli Sandwich

Fruit & Vegetable choice

Refried Beans
Fresh Zucchini
Assorted Fresh Fruit

29

Chicken Patty

Alternate Choice

Popcorn Chicken Salad
Ham Deli Wrap

Fruit & Vegetable choice

Whipped Potatoes
Fresh Broccoli
Assorted Fresh Fruit

30

Cheese Pizza

Alternate Choice

Chef Salad
Ham Deli Sandwich

Fruit & Vegetable choice

Steamed Spinach
Cucumber Slices
Assorted Fresh Fruit

Nutrition Rocks!

There are five food groups!
Choose something tasty from each!

Menu Question?

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National Cheeseburger Day is September 18th

Join us on September 19th
to Pledge Your Allegiance to Cheese!

National Pancake Day is September 26th

You'll Flip for Pancakes
on September 26th