School District of Beloit Intermediate Menu September 2017

refresh. refuel. relax.

Great news! All enrolled students of the School District of Beloit are eligible to receive a healthy breakfast and lunch at school for FREE each day of the 2017-2018 school year. Your child/children will be able to participate in these meal programs without having to pay a fee or submit a meal application. This program is possible through the Community Eligibility Provision (CEP) of the National School Lunch and Breakfast Program.

1

No School

A la carte purchases at the elementary and intermediate school level must be paid in advance.

4

No School

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Popcorn Chicken Bowl w/ Mini Pretzel Grill: Hamburger Pizza: Pepperoni Deli: Ham & Cheese Sub Salad on the Go: All-American Fresh Roasted Cauliflower, Cucumber, Fruit & Veggie Bar 6

Inside out Manicotti
W/ Breadstick
Grill: Chicken Nuggets
Pizza: Cheese
Mexicana: Soft Shell Taco
Salad on the Go: All-American
Cinnamon Sweet Potato,
Celery, Fruit & Veggie Bar

5

Nacho Taters
W/ Tortilla Chips
erill: Spicy Chicken Patty
Pizza: Pepperoni
Deli: Ham & Cheese Sub
Salad on the Go: All-American
Campfire Pinto Beans, Baby
Carrots, Fruit & Veggie Bar

Home Style Pizza

Grill: Cheeseburger
Pizza: Pepperoni & Cheese
Mexicana: Nacho
Salad on the Go: All-American
Fresh Steamed Broccoli, Red
Pepper Strips, Fruit & Veggie Bar

11 Happy Pancake Day!

Pancake on a Stick w/ Goldfish Pretzels grill: Chicken Patty Pizza: Cheese Mexicana: Soft Shell Taco Salad on the Go: Tossed Salad Steamed Corn, Fresh Broccoli, Fruit & Veggie Bar

12

Beans & Franks
W/ Dinner Roll
Grill: Hamburger
Pizza: Pepperoni
Deli: Ham & Cheese Sub
Salad on the Go: Tossed Salad
Steamed Green Beans, Red
Pepper Strips, Fruit & Veggie Bar

13 of the Month

Orange Chicken
W/ Broccoli & Rice
Grill: Chicken Nuggets
Pizza: Cheese
Mexicana: Soft Shell Taco
Salad on the Go: Tossed Salad
Orange Glazed Carrots, Fresh
Zucchini, Fruit & Veggie Bar

14

Lasagna

Grill: Spicy Chicken Patty Pizza: Pepperoni Deli: Ham & Cheese Sub Salad on the Go: Tossed Salad Refried Beans, Celery, Fruit & Veggie Bar 15

Home Style Pizza

crill: Cheeseburger
Pizza: Pepperoni & Cheese
Mexicana: Nacho
Salad on the Go: Tossed Salad
Fresh Steamed Broccoli, Fresh
Cauliflower, Fruit & Veggie Bar

18 CHeese BURGER

Salisbury Steak
W/ Egg Noodles
Grill: Chicken Patty
Pizza: Chesses
Mexicana: Soft Shell Taco
Salad on the Go: Apple & Cheese
Mixed Vegetables, Fresh
Tomatoes, Fruit & Veggie Bar

9

Country Chicken Bowl
W/ Dinner Roll
Grill: Hamburger
Pizza: Pepperoni
Deli: Ham & Cheese Sub
Salad on the Go: Apple & Cheese
Oven roasted Carrots, Fresh
Jicama Sticks, Fruit & Veggie Bar

20

Chili Mac
W/ Breadstick
Grill: Chicken Nuggets
Pizza: Cheese
Mexicana: Soft Shell Taco
Salad on the Go: Apple & Cheese
Steamed Cauliflower, Celery,
Fruit & Veggie Bar

21

Oven Roasted Chicken W/ Traditional Stuffing Grill: Spicy Chicken Patty Pizza: Pepperoni Deli: Ham & Cheese Sub Salad on the Go: Apple & Cheese Kickin' Pinto Beans, Baby Carrorts, Fruit & Veggie Bar

22

Home Style Pizza Grill: Cheeseburger

Pizza: Pepperoni & Cheese Mexicana: Nacho Salad on the Go: Apple & Cheese Fresh Steamed Broccoli, Baby Carrots, Fruit & Veggie Bar

25

Mozzarella Sticks w/ Marinara Sauce grill: Chicken Patty Pizza: Cheese Mexicana: Soft Shell Taco Salad on the Go: Pizza Salad Tater Bites, Fresh Broccoli, Fruit & Veggie Bar

26

Chicken Nuggets w/ Mac & Cheese grill: Hamburger Pizza: Pepperoni Deli: Ham & Cheese Sub Salad on the Go: Pizza Salad Steamed Green Beans, Red Pepper Strips, Fruit & Veggie Bar

27 of the Month Korean Meatballs

over yellow rice grill: Chicken Nuggets Pizza: Cheese Mexicana: Soft Shell Taco Salad on the Go: Pizza Salad Orange Glazed Carrots, Fresh Zucchini, Fruit & Veggie Bar

28

Beans & Rice Bowl

Grill: Spicy Chicken Patty Pizza: Pepperoni Deli: Ham & Cheese Sub Salad on the Go: Pizza Salad Refried Beans, Celery, Fruit & Veggie Bar

29

Home Style Pizza

Grill: Cheeseburger
Pizza: Pepperoni & Cheese
Mexicana: Nacho
Salad on the Go: Pizza Salad
Fresh Steamed Broccoli, Fresh
Cucumber, Fruit & Veggie Bar

Did you know...?

Pancake Day is September 11th
National Cheeseburger Day is September 18th

Harvest of the Month...

Zucchini is a vegetable and has just 25 calories in ½ cup serving. This vegetable has more potassium than a banana.