

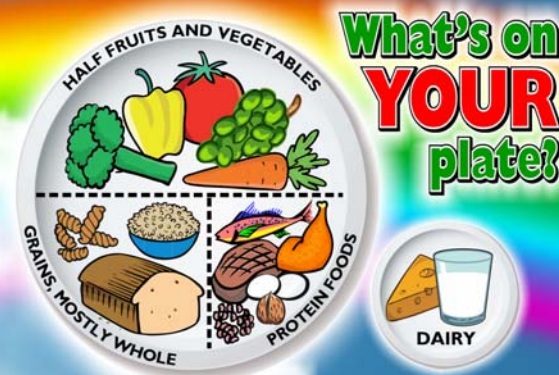
# MENUS FOR AUGUST & SEPTEMBER 2018

## Allegany County Elementary School Lunch Menu

This institution is an equal opportunity provider. Menus are subject to change.



Welcome Back  
for **FOOD, FUN, & FITNESS!**



What's on  
**YOUR**  
plate?

Try to eat a  
**RAINBOW**  
of different colors!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or  
[http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

## NUTRITION TO GO

Despite persistent urban legends to the contrary, eating a watermelon seed will not cause a plant to sprout in your stomach! And, anyway, most of the watermelons sold today are seedless. That's too bad - the seeds roasted with a little olive oil and salt are a crunchy snack loaded with protein and other nutritious goodies!

## A QUICK BITE FOR PARENTS

### Wednesday, August 29

- 1) Sliced Pizza
- 2) Tuna Salad on Bun
- 3) PB&J Sandwich

#### Vegetables & Fruit

Green Beans  
Sweet Corn  
Applesauce

Fat Free or 1% Milk

### Thursday, August 30

- 1) Mozzarella Sticks
- 2) Meatball Sub
- 3) PB&J Sandwich

#### Vegetables & Fruit

French Fries  
Baked Beans  
Pineapple Tidbits

Fat Free or 1% Milk

### Friday, August 31

- 1) Shrimp Poppers with Bread
- 2) Hot Ham and Cheese Sandwich
- 3) PB&J Sandwich

#### Vegetables & Fruit

Parsley Potatoes  
Steamed Broccoli  
Mandarin Oranges

Fat Free or 1% Milk

## HAPPY LABOR DAY!



Try not to be **BLUE** about Summer's end - enjoy the last sweet days of the season **BERRY** much!

### Tuesday, September 4

- 1) Chicken Nuggets with Bread
- 2) Salisbury Steak with Bread
- 3) PB&J Sandwich

#### Vegetables & Fruit

Whipped Potatoes  
Steamed Broccoli  
Strawberry Cups

Fat Free or 1% Milk

### Wed., September 5

- 1) Sliced Pizza
- 2) Mexican Pizza
- 3) PB&J Sandwich

#### Vegetables & Fruit

Tossed Salad  
Parsley Potatoes  
Sliced Peaches

Fat Free or 1% Milk

### Thursday, September 6

- 1) Nachos / Meat Sauce with Rice
- 2) Taco Salad with Brown Rice
- 3) PB&J Sandwich

#### Vegetables & Fruit

Refried Beans  
Sweet Corn  
Tomato Salsa  
Fresh Fruit

Fat Free or 1% Milk

### Friday, September 7

- 1) Hot Dog
- 2) Sloppy Joe Sandwich
- 3) PB&J Sandwich

#### Vegetables & Fruit

French Fries  
California Blend Veg.  
Fresh Fruit

Fat Free or 1% Milk



It's normal for anyone to feel a little sad now and then, but no one should have to live with sadness all the time, so that feeling happy seems impossible. Reach out. Joy might need a little help to break through.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

**Monday, September 10**

- 1) Fish Nuggets
- 2) Popcorn Chicken
- 3) PB&J Sandwich

**Vegetables & Fruit**  
 Steamed Broccoli  
 Au Gratin Potatoes  
 Fruit Cocktail

Fat Free or 1% Milk

**Tuesday, September 11**

- 1) Mini Crescents
- 2) Steak-um Sandwich
- 3) PB&J Sandwich

**Vegetables & Fruit**  
 California Blend Veg.  
 Baked Beans  
 Fresh Fruit

Fat Free or 1% Milk

**Wed., September 12**

- 1) Sliced Pizza
- 2) Steak Salad  
with Breadstick
- 3) PB&J Sandwich

**Vegetables & Fruit**  
 Green Beans  
 Cucumber Spears and  
 Celery Sticks  
 Strawberry Cups

Fat Free or 1% Milk

**Thursday, September 13**

- 1) Spaghetti and  
Meatballs / Dinner Roll
- 2) Turkey and Cheese  
Sandwich
- 3) PB&J Sandwich

**Vegetables & Fruit**  
 Tossed Salad  
 with Cherry Tomatoes  
 Applesauce

Fat Free or 1% Milk

**Friday, September 14**

- 1) Chicken Patty Sandwich
- 2) Ham and Cheese Sub
- 3) PB&J Sandwich

**Vegetables & Fruit**  
 French Fries  
 Steamed Carrots  
 Fresh Fruit

Fat Free or 1% Milk

**Monday, September 17**

- 1) Chicken Nuggets  
with Bread
- 2) Mozzarella Sticks
- 3) PB&J Sandwich

**Vegetables & Fruit**  
 Whipped Potatoes  
 Sweet Peas  
 Pineapple Tidbits

Fat Free or 1% Milk

**Tuesday, September 18**

- 1) Hamburger  
OR Cheeseburger
- 2) Grilled Chicken Salad  
with Breadstick
- 3) PB&J Sandwich

**Vegetables & Fruit**  
 French Fries  
 California Blend Veg.  
 Sliced Peaches

Fat Free or 1% Milk

**Wed., September 19**

- 1) Sliced Pizza
- 2) Mexican Pizza
- 3) PB&J Sandwich

**Vegetables & Fruit**  
 Fresh Baby Carrots  
 Green Beans  
 Fresh Fruit

Fat Free or 1% Milk

**Thursday, September 20**

- 1) Nachos / Meat Sauce  
with Rice
- 2) Taco Salad  
with Rice
- 3) PB&J Sandwich

**Vegetables & Fruit**  
 Refried Beans  
 Sweet Corn  
 Tomato Salsa  
 Fresh Fruit

Fat Free or 1% Milk

**Friday, September 21**

- 1) Macaroni and Cheese  
with Dinner Roll
- 2) Ham and Cheese  
Sandwich
- 3) PB&J Sandwich

**Vegetables & Fruit**  
 Tossed Salad  
 Steamed Broccoli  
 Mandarin Oranges

Fat Free or 1% Milk

**Monday, September 24**

- 1) Mozzarella Sticks
- 2) Meatball Sub
- 3) PB&J Sandwich

**Vegetables & Fruit**  
 French Fries  
 Baked Beans  
 Pineapple Tidbits

Fat Free or 1% Milk

**Tuesday, September 25**

- 1) Popcorn Chicken
- 2) Chef's Salad  
with Breadstick
- 3) PB&J Sandwich

**Vegetables & Fruit**  
 Higson's Corn  
 Au Gratin Potatoes  
 Mandarin Oranges

Fat Free or 1% Milk

**Wed., September 26**

- 1) Sliced Pizza
- 2) Tuna Salad on Bun
- 3) PB&J Sandwich

**Vegetables & Fruit**  
 Green Beans  
 Fresh Baby Carrots  
 Fresh Fruit

Fat Free or 1% Milk

**Thursday, September 27**

- 1) Lasagna  
with Dinner Roll
- 2) Grilled Chicken  
Sandwich
- 3) PB&J Sandwich

**Vegetables & Fruit**  
 Tossed Salad  
 with Cherry Tomatoes  
 Applesauce

Fat Free or 1% Milk

**Friday, September 28**

- 1) Shrimp Poppers  
with Bread
- 2) Hot Ham and Cheese  
Sandwich
- 3) PB&J Sandwich

**Vegetables & Fruit**  
 Parsley Potatoes  
 Steamed Broccoli  
 Fresh Fruit

Fat Free or 1% Milk

**BREAKFAST** \$1.40

**LUNCH** \$2.65

**SIMPLE, SAFE & SECURE**

Pay for meals on-line at [Paypams.com!](http://Paypams.com!)

**DON'T 4 GET!**

To make a lunch,  
choose at least one

Fruit/Juice or Veggie

Grains Milk Protein

Fruit/Juice and 3-5 items total Vegetables

**ALLEGANY COUNTY  
FOOD AND NUTRITION SERVICES**