



# Elementary School Lunch Menu

## August 2017

Manage your student's meal account with:



Signing up is free and easy:

1. Visit [www.mypaymentsplus.com](http://www.mypaymentsplus.com)
2. Click "Register" to sign up for a free account
3. Add your students using their Student ID Numbers

### NEW! Special Treats to Enjoy with Lunch



All foods have a place in a balanced diet. So on occasion, students who purchase lunch will be offered a FREE dessert with their meal. These treats have been carefully chosen to meet USDA guidelines while still adding fun and variety to our menu. This month's treats are a whole-grain sugar cookie and reduced-fat chocolate pudding.

Welcome to a New School Year!



Hi! I'm Ace. Join me and my friends in your school's cafeteria at breakfast and lunch for healthy fun all year!

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No School – Last Day of Summer Vacation



15

**BBQ Pork Riblet Sandwich**  
**Chkn Nuggets w/ Soft Pretzel**  
**Turkey & Cheese Sandwich**  
**Fruit & Cheese Plate w/ Goldfish Crackers**  
 Seasoned Green Beans, Fresh Red Peppers, Tossed Salad, Fresh Apple, Diced Pears, Raisins

16

**Chicken Soft Tacos**  
**Hot Dog on Bun**  
**Sunbutter & Jelly Wrap**  
**Egg Chef Salad w/ Bread**  
 Refried Beans, Fresh Baby Carrots, Tossed Salad, Fresh Apple, Banana, 100% Orange Juice

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**Rotini w/ Italian Meat Sauce**  
**Chicken Patty Sandwich**  
**Ham & Cheese Sub**  
**Popcorn Chicken Salad w/ Fresh Baked Breadstick**  
 Steamed Broccoli, Celery Sticks, Tossed Salad, Fresh Orange, Diced Peaches, Fresh Apple

18

**Pepperoni Pizza**  
**Grilled Cheese Sandwich**  
**Ranch Chicken Wrap**  
**Bean Nacho Sld w/ Pretzel**  
 Steamed Carrots, Cucumber Slices, Tossed Salad, Banana, Applesauce, 100% Fruit Juice  
*Special Treat: Fresh Baked Sugar Cookie*

21

**Pancakes w/ Cheddar Cheese Omelet**  
**Chkn Tenders w/ Soft Pretzel**  
**Three Cheese Wrap**  
**Ham Chef Salad w/ Bread**  
 Tater Tots, Fresh Tomato Wedges, Tossed Salad, Orange Wedges, Mixed Fruit, 100% Apple Juice

22

**Chicken & Maple Syrup Waffle**  
**Pepperoni Pizza**  
**Ham & Cheese Sandwich**  
**Ranch Chicken Salad w/ Fresh Baked Breadstick**  
 Seasoned Green Beans, Cucumber Slices, Tossed Salad, Fresh Apple, Diced Pears, Orange Wedges

23

**Macaroni & Cheese Cheeseburger**  
**Honey Mustard Chicken Wrap**  
**All-American Salad w/ Bread**  
 Steamed Broccoli, Celery Sticks, Tossed Salad, Fresh Apple, Banana, 100% Orange Juice

24

**Tater Bite Chicken Nachos w/ Tortilla Chips**  
**Corn Dog**  
**Turkey & Cheese Sub**  
**Fruit & Chz Plt w/ Soft Pretzel**  
 Kickin' Pintos, Fresh Baby Carrots, Tossed Salad, Fresh Orange, Diced Peaches, Fresh Apple

25

**Cheese Pizza**  
**Chicken Patty Sandwich**  
**Ham & Turkey Sdw w/ Cheese**  
**Egg Chef Salad w/ Flatbread**  
 Seasoned Golden Corn, Fresh Red Peppers, Tossed Salad, Banana, Cinnamon Applesauce, 100% Fruit Juice

28

**Breaded Fish Melt**  
**Chkn Nuggets w/ Soft Pretzel**  
**Ham & Cheese Sandwich**  
**Egg Chef Salad w/ Bread**  
 Seasoned Golden Corn, Fresh Broccoli, Tossed Salad, Orange Wedges, Mixed Fruit, 100% Apple Juice

29

**Italian Mozzarella Chz Dunker**  
**Hot Dog on Bun**  
**BBQ Chicken Cheddar Wrap**  
**Fruit & Chz Plate w/ Soft Pretzel**  
 Steamed Carrots, Fresh Red Peppers, Tossed Salad, Fresh Apple, Diced Pears, Raisins  
*Special Treat: Choc Pudding*

30

**Penne Alfredo w/ Chicken & Fresh Baked Breadstick**  
**Cheeseburger**  
**Ham & Turkey Sdw w/ Cheese**  
**Tossed Sld w/ Chz & Flatbread**  
 Seasoned Green Peas, Fresh Baby Carrots, Tossed Salad, Fresh Apple, Fresh Watermelon, 100% Orange Juice

31

**Beef Nachos**  
**Chicken Patty Sandwich**  
**Sunbutter & Jelly Wrap**  
**Breaded Chicken Caesar Salad**  
 Refried Beans, Celery Sticks, Tossed Salad, Fresh Orange, Diced Peaches, Fresh Apple

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**Early Release**

**Grilled Cheese Sandwich**  
**Turkey & Cheese Sandwich**  
**All-American Salad w/ Bread**  
 Steamed Broccoli, Cucumber Slices, Tossed Salad, Banana, Mango Peach Applesauce, 100% Fruit Juice

### Prices

Lunch Meal:	\$2.85
Reduced Lunch:	\$0.40
Milk (only):	\$0.50
A La Carte Side:	\$0.60
Adult Lunch:	\$3.35

If your student has any dietary needs or restrictions, please contact your school's kitchen supervisor or call the Aramark office at 847.551.8485

### Grab & Go Items:

**Mon + Wed + Fri: Make Your Own Flatbread Pizza Lunch Kit**  
**Tues + Thurs: Strawberry Yogurt & Despicable Me® Grahams**  
**Available Daily: Cheese Sandwich, Sunbutter & Jelly Sandwich**