



# Oak Grove School District Elementary Lunch Menu SEPTEMBER 2017

We feature an inviting variety of fresh garden salad greens, vegetables, and fruits. **Locally-grown items are offered whenever seasonally-available.** rBST hormone free low-fat or fat-free milk is included with all meals. A meal includes an entrée, fruit and vegetable selection and milk. All bread products are whole grain and all featured menu items contain zero trans fat.

Monday 9/4	Tuesday 9/5	Wednesday 9/6	Thursday 9/7	Friday 9/8
<ol style="list-style-type: none"> <li>Classic Beef Nachos with Salsa</li> <li>Honey BBQ Rib Sandwich on WG Bun</li> <li>WG Chicken Corn Dog with Oven Baked Fries</li> <li>Protein Pack with Sunflower Seeds**</li> </ol>	<ol style="list-style-type: none"> <li>Italian Pasta Bake with WG Breadstick**</li> <li>100% Mozzarella Cheese Pizza** or WG Sausage Pizza</li> <li>100% Beef Hamburger, Cheeseburger or Gardenburger**</li> <li>Chicken Caesar Salad with WG Breadstick</li> </ol>	<ol style="list-style-type: none"> <li>WG Bean &amp; Cheese Enchirito**</li> <li>Italian Meatball Sub Sandwich on WG Bun</li> <li>WG Chicken Nuggets</li> <li>Roasted Turkey &amp; Cheddar Sub Sandwich</li> </ol>	<ol style="list-style-type: none"> <li>Chicken Alfredo Pasta with WG Breadstick</li> <li>100% Mozzarella Cheese Pizza** or WG Pepperoni Pizza</li> <li>Crispy or Spicy Chicken Sandwich on WG Bun</li> <li>Fruit &amp; Yogurt Parfait with String Cheese**</li> </ol>	<ol style="list-style-type: none"> <li>All Natural Turkey Hot Dog on WG Bun with Oven Baked Fries</li> <li>Teriyaki Chicken over Brown Rice</li> <li>WG Italian Dunkers with or without Marinara Sauce**</li> <li>Sun Butter and Jelly Sandwich with Sunflower Seeds**</li> </ol>
Monday 9/11	Tuesday 9/12	Wednesday 9/13	Thursday 9/14	Friday 9/15
<ol style="list-style-type: none"> <li>Classic Chicken Nachos with Salsa</li> <li>Hot Deli Ham &amp; Cheddar Sandwich on a WG Bun</li> <li>WG Chicken Corn Dog with Oven Baked Fries</li> <li>Protein Pack with Sunflower Seeds**</li> </ol>	<ol style="list-style-type: none"> <li>Baked Macaroni &amp; Cheese with WG Breadstick**</li> <li>100% Mozzarella Cheese Pizza** or WG Sausage Pizza</li> <li>100% Beef Hamburger, Cheeseburger or Gardenburger**</li> <li>Chicken Caesar Salad with WG Breadstick</li> </ol>	<ol style="list-style-type: none"> <li>WG Bean &amp; Cheese Burrito**</li> <li>Grilled Cheddar Cheese Sandwich on WG Bread**</li> <li>WG Chicken Nuggets</li> <li>Roasted Turkey &amp; Cheddar Sub Sandwich</li> </ol>	<ol style="list-style-type: none"> <li>Spaghetti &amp; Meatballs with WG Breadstick</li> <li>100% Mozzarella Cheese Pizza** or WG Pepperoni Pizza</li> <li>Crispy or Spicy Chicken Sandwich on WG Bun</li> <li>Fruit &amp; Yogurt Parfait with String Cheese**</li> </ol>	<ol style="list-style-type: none"> <li>Brunch for Lunch: Mini Maple Pancakes and Sausage</li> <li>Teriyaki Beef over Brown Rice</li> <li>WG Italian Dunkers with or without Marinara Sauce**</li> <li>Sun Butter and Jelly Sandwich with Sunflower Seeds**</li> </ol>
Monday 9/18	Tuesday 9/19	Wednesday 9/20	Thursday 9/21	Friday 9/22
<ol style="list-style-type: none"> <li>Classic Beef Nachos with Salsa</li> <li>Honey BBQ Rib Sandwich on WG Bun</li> <li>WG Chicken Corn Dog with Oven Baked Fries</li> <li>Energy Protein Pack with Sunflower Seeds**</li> </ol>	<ol style="list-style-type: none"> <li>Italian Pasta Bake with WG Breadstick**</li> <li>100% Mozzarella Cheese Pizza** or WG Sausage Pizza</li> <li>100% Beef Hamburger, Cheeseburger or Gardenburger**</li> <li>Chicken Caesar Salad with WG Breadstick</li> </ol>	<ol style="list-style-type: none"> <li>WG Bean &amp; Cheese Enchirito**</li> <li>Italian Meatball Sub Sandwich on WG Bun</li> <li>WG Chicken Nuggets</li> <li>Roasted Turkey &amp; Cheddar Sub Sandwich</li> </ol>	<ol style="list-style-type: none"> <li>Chicken Alfredo Pasta with WG Breadstick</li> <li>100% Mozzarella Cheese Pizza** or WG Pepperoni Pizza</li> <li>Crispy or Spicy Chicken Sandwich on WG Bun</li> <li>Fruit &amp; Yogurt Parfait with String Cheese**</li> </ol>	<ol style="list-style-type: none"> <li>All Natural Turkey Hot Dog on WG Bun with Oven Baked Fries</li> <li>Teriyaki Chicken over Brown Rice</li> <li>WG Italian Dunkers with or without Marinara Sauce**</li> <li>Sun Butter and Jelly Sandwich with Sunflower Seeds**</li> </ol>
Monday 9/25	Tuesday 9/26	Wednesday 9/27	Thursday 9/28	Friday 9/29
<ol style="list-style-type: none"> <li>Classic Chicken Nachos with Salsa</li> <li>Hot Deli Ham &amp; Cheddar Sandwich on a WG Bun</li> <li>WG Chicken Corn Dog with Oven Baked Fries</li> <li>Protein Pack with Sunflower Seeds**</li> </ol>	<ol style="list-style-type: none"> <li>Baked Macaroni &amp; Cheese with WG Breadstick**</li> <li>100% Mozzarella Cheese Pizza** or WG Sausage Pizza</li> <li>100% Beef Hamburger, Cheeseburger or Gardenburger**</li> <li>Chicken Caesar Salad with WG Breadstick</li> </ol>	<ol style="list-style-type: none"> <li>WG Bean &amp; Cheese Burrito**</li> <li>Grilled Cheddar Cheese Sandwich on WG Bread**</li> <li>WG Chicken Nuggets</li> <li>Roasted Turkey &amp; Cheddar Sub Sandwich</li> </ol>	<ol style="list-style-type: none"> <li>Spaghetti &amp; Meatballs with WG Breadstick</li> <li>100% Mozzarella Cheese Pizza** or WG Pepperoni Pizza</li> <li>Crispy or Spicy Chicken Sandwich on WG Bun</li> <li>Fruit &amp; Yogurt Parfait with String Cheese**</li> </ol>	<ol style="list-style-type: none"> <li>Brunch for Lunch: Mini Maple Pancakes and Sausage</li> <li>Teriyaki Beef over Brown Rice</li> <li>WG Italian Dunkers with or without Marinara Sauce**</li> <li>Sun Butter and Jelly Sandwich with Sunflower Seeds**</li> </ol>
	<p><b>Meal Prices</b></p> <p>Student Lunch \$2.75 Reduced Lunch \$0.40 Adult Lunch \$3.25</p>		<p><b>Meal Applications</b></p> <p>2017-2018 Free and/or Reduced Meal Applications Available Online at <a href="http://OGSD.net">OGSD.net</a> or Pick Up @ School Main Office or Oak Grove School District Office 6578 Santa Teresa Blvd.</p>	



We use menu identifiers in the café to help students recognize **Local**, **Clean**, **Fresh** and **Vegetarian** options. **Local** designates options made with locally-grown and produced ingredients. **Clean** designates options with a short ingredient list and/or no artificial additives. **Fresh** designates

For menu nutritional information and foods containing common food allergens please visit [www.sesd.org](http://www.sesd.org)

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