

September 2018

Lisbon Grade School

LUNCH



Choice of Low Fat White, Fat Free White or Fat Free Chocolate Milk served daily.

Fruit Juice and Desserts served on occasion.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

No
School

3

Tuesday

Italian Chicken on a Bun
Corn
Fruit
Brownie

4

Wednesday

Soft Shell Beef Taco
Raw Carrots & Ranch
Fruit
Rice Krispy Treat

5

Thursday

Hot Dog on a Bun
Baked Beans
Fruit
Gogurt

6

Friday

Hamburger or
Cheeseburger on a Bun
Lettuce Salad & Dressing
Fruit, Pudding Cup

7

Corn Dog
Caesar Salad
Fruit
Jell-O Cup

10

BBQ on a Bun
Baked Beans
Fruit
Cookie

11

Chicken Nuggets
Green Beans
Fruit
Rice Krispy Treat

12

Breakfast Burrito
(sausage, egg, cheese, wrap)
Tator Tots
Fruit, Yogurt

13

Mini Corn Dogs
Nacho Chips & Cheese
Carrots
Fruit, Fruit Snacks

14

French Toast Sticks
Sausage Patty
Tator Tots
Fruit, Gogurt

17

Chicken Patty on a Bun
Baked Beans
Fruit
Cheese Stick

18

Sub Sandwich
(turkey, ham, cheese on a bun)
Lettuce Salad & Dressing
Fruit, Brownie

19

Beef Tacos
Nacho Chips
Green Beans
Fruit, Fruit Snacks

20

Double Stuffed Pizza
Raw Carrots & Ranch
Fruit
Cookie

21

Salisbury Steak
Mashed Potatoes & Gravy
Fruit
Texas Toast

24

Pork Riblet on a Bun
Baked Beans
Fruit
Pudding Cup

25

Pretzels w/ Cheese Sauce
Corn
Fruit
Jell-O Cup

26

Cheese Stuffed Breadsticks
Marinara Sauce
Green Beans
Fruit, Yogurt

27

Chicken Tenders
Lettuce Salad & Dressing
Fruit
Rice Krispy Treat

28

