

LICKING VALLEY ELEMENTARY 2019-2020 Menu

www.lickingvalley.k12.oh.us



LUNCH PRICES
 Elementary School:
 \$2.25/ Reduced \$4.00
 Adult \$3.00
 Extra Milk \$.50
BREAKFAST:
 Free to ALL students
 Adult \$1.00
Menu is subject to change!

We encourage students to build their trays the healthy way using **1 Great Tray™!** A colorful and healthy school lunch tray features 1/2 fruits and vegetables, lean protein and whole grains with a serving of skim milk.

Free and reduced lunch applications can be completed online at: www.schoollunchapp.com or you can request a paper application from the school secretary or by contacting the Food Service Department at (740) 763-2433. Online application results will be e-mailed to you within 2-3 days.

In addition to a hot lunch, a "Type A" sack lunch will be offered daily; Monday, Wednesday and Friday PB&J Uncrustable, Tuesday and Thursday lunch meat sandwich. All sacks will include a fruit, vegetable, treat and milk. The Intermediate school will also offer Fruit and Salad Trays as well as a Cold Sandwich and a Yogurt/Muffin "To-Go" lunch option.

BREAKFAST MENU	
MON	Cereal & Cheese Stick Fruit/Juice/Milk
TUES	Maple Pancake Wrap Fruit/Juice/Milk
WED	Cereal & Cheese Stick Fruit/Juice/Milk
THURS	Fruit & Yogurt Parfaits Milk
FRI	Breakfast Sandwich or Cereal Pouch Fruit/Juice/Milk

MENU #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	Corn Dog Macaroni & Cheese Romaine Salad Fresh or Canned Fruit	Taco Tuesday Taco on a Tortilla Cheese/Lettuce Cowboy Corn Salad Fresh or Canned Fruit	Panther Pizza Green Beans Fresh or Canned Fruit	Crispy Chicken Nuggets AuGratin Potatoes Goldfish Graham Fresh or Canned Fruit	Cheesefilled Breadstick w/Marinara Carrots & Celery w/Dip Fresh or Canned Fruit
MENU #2	Grilled Hamburger on WG Bun Or BBQ Rib Patty (3,4,5) Seasoned Crinkle Cut Fries Pickles Fresh or Canned Fruit	Brunch for Lunch Confetti Pancakes Turkey Sausage Links Baked Hash Brown Fresh Fruit or 100% Juice	Donatos WG Pizza Broccoli w/Cheese Sauce Fresh or Canned Fruit	Crispy Chicken Drumstick or Chicken Wings (3,4,5) Corn Garlic Toast Fresh or Canned Fruit	Ravioli or Rotini (3,4,5) Garlic Toast Tossed Salad Fresh or Canned Fruit
MENU #3	Hot Dog on WG Bun Macaroni & Cheese Baked Beans Fresh or Canned Fruit	Brunch for Lunch Powdered Funnel Cake Turkey Sausage Links Baked Hash Brown Fresh Fruit or 100% Juice	4X6 Smart Pizza (Cheese or Pepperoni) Caesar Salad Fresh or Canned Fruit	Popcorn Chicken Mashed Potatoes (Gravy Optional) Corn Fresh or Canned Fruit	Warm Soft Pretzel w/Cheese Sauce Trix Yogurt Green Beans & Corn Fresh or Canned Fruit
MENU #4	Macaroni & Cheese Vegetarian Beans Fresh or Canned Fruit	Brunch for Lunch French Toast Sticks Sausage Patty Baked Hash Brown Fresh or Canned Fruit	Panther Pizza Caesar Salad Fresh or Canned Fruit	Chicken 2-Fers on Mini Buns Or Meatball Subs (3,4,5) Waffle Fries Fresh or Canned Fruit	Popcorn Chicken Teriyaki or Sweet & Sour Steamed Rice Oriental Vegetables Egg Roll Fresh or Canned Fruit

Carrots, Romaine Salad, Chick Peas and Milk/Water offered with every meal

This Institution is an equal opportunity provider.

Follow the menu with its calendar day. Each week is represented by a color and represents a 4-week cycle menu.

AUGUST 2019	SEPTEMBER 2019	OCTOBER 2019	NOVEMBER 2019	DECEMBER 2019	JANUARY 2020	FEBRUARY 2020	MARCH 2020	APRIL 2020	MAY 2020
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