

2023 ~ 24 Elementary Lunch Menu

	Mon	Tue	Wed	Thu	Fri
1	Bean & Cheese Burrito w/ Green Beans 🌱 or Peanut Butter & Jelly Sandwich 🌱 ♦ Celery & Cherry Tomatoes ♦ Pineapple Tidbits	Beef & Bean Chili Mac or Cheese Filled Breadsticks & Marinara 🌱 ♦ Broccoli & Cauliflower ♦ Fresh Orange Wedges	Beef Steak Bites & Mashed Potatoes w/ Gravy or Chicken Patty on Bun & Tater Tots -Romaine Salad -Peaches	Cheeseburger on Bun & Baked Beans or BBQ Pork w/ Bread Bites & Baked Beans* -Pickle Spears -Apricots	Cheese Pizza 🌱 or Yogurt & String Cheese w/ Cranberry Oatmeal Cookie 🌱 ♦ Baby Carrots ♦ Blueberries
2	Salisbury Steak & Mashed Potatoes w/ Dinner Roll or Spaghetti & Meat Sauce w/ Corn -Sweet Peppers -Applesauce	French Toast & Sausage or Turkey Sausage Pancake Bites ♦ Cucumber Coins ♦ Mixed Berries	Fiesta Dip w/ Tortilla Chips & Fruit Crisp or Ham & Cheese Bento Box* ♦ Romaine/ Spinach Salad ♦ Fresh Cantaloupe	Corn Dog Nuggets w/ Baked Beans or Chicken Tenders & Baked Beans -Baby Carrot Sticks -Pears	Teriyaki Beef Bites & Rice or Grill Cheese Sandwich 🌱 ♦ Broccoli & Cherry Tomatoes ♦ Peaches
3	Chicken Drumstick & Potato Wedges w/ Banana Muffin or Fish Nuggets & Potato Wedges w/ Banana Muffin -Diced Pears -Mandarin Oranges	Mini Pepperoni Pizza Bagels or Turkey & Cheese Hoagie ♦ Celery Sticks ♦ Mixed Fruit	Macaroni & Cheese or Philly Steak & Cheese Pinwheel ♦ Baby Carrot Sticks ♦ Strawberries	Beef Hot Dog "Blanket" w/ Baked Beans or Ham, Baked Beans & Breadstick* -Romaine w/ Diced Tomato -Fresh Grapes	Pretzel w/ Cheese 🌱 or Teriyaki Chicken Noodles & Broccoli -Cucumbers -Peaches

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5	1 2	1 2 3 4 5 6 7	1 2 3 4	1 2	1 2 3 4 5 6	1 2 3	1 2	1 2 3 4 5 6	1 2 3 4
6 7 8 9 10 11 12	3 4 5 6 7 8 9	8 9 10 11 12 13 14	5 6 7 8 9 10 11	3 4 5 6 7 8 9	7 8 9 10 11 12 13	4 5 6 7 8 9 10	3 4 5 6 7 8 9	7 8 9 10 11 12 13	5 6 7 8 9 10 11
13 14 15 16 17 18 19	10 11 12 13 14 15 16	15 16 17 18 19 20 21	12 13 14 15 16 17 18	10 11 12 13 14 15 16	14 15 16 17 18 19 20	11 12 13 14 15 16 17	10 11 12 13 14 15 16	14 15 16 17 18 19 20	12 13 14 15 16 17 18
20 21 22 23 24 25 26	17 18 19 20 21 22 23	22 23 24 25 26 27 28	19 20 21 22 23 24 25	17 18 19 20 21 22 23	21 22 23 24 25 26 27	18 19 20 21 22 23 24	17 18 19 20 21 22 23	21 22 23 24 25 26 27	19 20 21 22 23 24 25
27 28 29 30 31	24 25 26 27 28 29 30	29 30 31	26 27 28 29 30	24 25 26 27 28 29 30	28 29 30 31	25 26 27 28 29	24 25 26 27 28 29 30	28 29 30	26 27 28 29 30 31
31				31			31		

♦ Designates a **Required Cold Pack** Item

* Designates a pork item

🌱 Designates a **Vegetarian** option

-Menu items subject to change dependent on item availability

BREAKFAST



*You must pick one item per category to make a complete breakfast. Feel free to grab two fruits if you're extra hungry!

Entrees can Include

Assorted Cereal Bowls
Banana Bread
Breakfast Pizza
Cocoa Sandwich
Goodybun Pull Apart
Chocolate Chip Oatmeal Bar
Powdered Donut Holes
Pancake/Sausage on a Stick
Sausage & egg Breakfast Burrito

Fruits

Fresh Fruit (apple, orange, grapes, pear, kiwi)
100% Apple or Orange Juice
Assorted Fruit Cups

Milk

Chocolate, White or Soy Milk



5 Star Meal Includes
Vegetable* & **Fruit***
and

One of Each **Grain**, **Protein** & **Milk or Soy Milk**

*Vegetable or Fruit Required 5 Star Meal qualifies for meal benefits.

The Best Deal In Town!

Student ~ \$3.50

Non-Student ~ \$6.50

Eligible reduced qualified lunch is 40¢

Milk comes with every meal or purchase it for \$1

~ **Lunch Loans** ~ Elementary students are allowed a maximum of two (2) meal loans. After that they will be given a cold pack only, for no more than three (3) days. No ala carte charging and no lunch loans at secondary schools.

Students officially enrolled in the school district on the last serving day (May 19, 2023) who qualified for free or reduced meal benefits may receive meal benefits through the first 30 school days of the 2023-24 school year. **Grace period benefits expire on October 2, 2023.** Fruit & vegetable variety based upon availability. Due to variances in meal counts and product delivery, we reserve the right to substitute menu items.

foodservice@k12northstar.org (907) 451-1004

<http://www.k12northstar.org/departments/nutrition>

www.facebook.com/nutritionfnsbsd

This institution is an equal opportunity provider

July 2023

NUTRITION SERVICES CENTER

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