



# August Back To School

## BLUE SPRINGS LUNCH MENU (K-5) 2010 -2011

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

### K- 5 LUNCH PRICES

**Meal = 1 Entree + up to 3 side choices + Milk**

**Elem. \$2.10**

**Reduced Meal \$0.40**

**Extra Milk \$ 0.50**

**Adult Meal \$2.85**



**18**

BEEF RAVIOLI/Bread  
HOT DOG  
P.B & JELLY

OFFERINGS BAR  
CORN APPLE JUICE



**MILK**

**19**

CHICKEN NUGGETS  
CHICKEN WRAP  
P.B & JELLY

OFFERINGS BAR  
MASHED POTATOES  
GREEN BEANS FRUIT  
JUICE

**MILK**



**20**

PEPPERONI PIZZA  
GRILLED CHEESE  
P.B & JELLY

OFFERINGS BAR  
FRESH TOSS SALAD  
FRESH MELON CUBES  
CORN JUICE

**MILK**

**23**

LASAGNA  
PIZZA STIX  
P.B & JELLY

w/ OATMEAL C.C. COOKIE

OFFERINGS BAR  
FRESH TOSS SALAD  
GREEN BEANS JUICE

**MILK**



**24**

SOFT TACO  
BEEFY NACHOS  
P.B & JELLY

w/ RAINBOW BOMB POP

OFFERINGS BAR  
REFRIED BEANS  
FRUIT JUICE

**MILK**

**25**

TURKEY SANDWICH  
HOT DOG  
P.B & JELLY

OFFERINGS BAR  
C.C. Cookie Pack  
BAKED FRIES  
BAKED BEANS JUICE

**MILK**



**26**

CHICKEN NUGGETS  
CHICKEN WRAP  
P.B & JELLY

OFFERINGS BAR  
MASHED POTATOES  
GREEN BEANS  
FRUIT JUICE

**MILK**



**27**

CHEESE PIZZA  
GRILLED CHEESE  
P.B & JELLY

OFFERINGS BAR  
FRESH MELON CUBES  
FRESH TOSS SALAD  
CORN JUICE

**MILK**

**30**

CHICKEN & NOODLES  
Pep./ Ch. JAMMER  
P.B & JELLY

OFFERINGS BAR

w/ CRISP

MASHED POTATOES  
GREEN BEANS JUICE

**MILK**

**31**

TACO SALAD, BEEF  
BEEFY NACHOS  
P.B & JELLY

w/ CHERRY FREEZE BAR

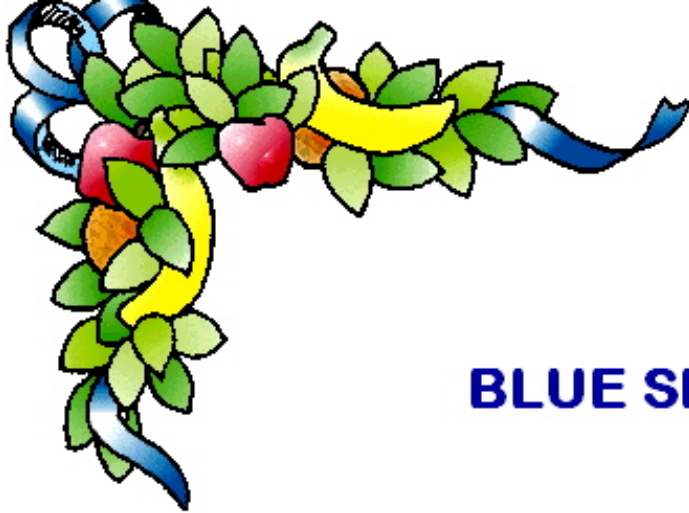
OFFERINGS BAR  
REFRIED BEANS  
FRUIT JUICE

**MILK**



Good Nutrition  
is our  
Mission





# August

## BLUE SPRINGS LUNCH MENU (6-12) 2010

Monday

Tuesday

Wednesday

Thursday

Friday

**COMBO MEAL:**

**\$2.35 MS/FC/HS**

**\$0.40 Reduced Meal**

**\$0.50 Extra Milk or Juice**

**\$2.85 Adult Meal**

**2nd Entree \$1.75**

**COMBO MEAL = 1 ENTREE**

**+ up to 3 SIDE CHOICES**



**18**  
BEEF RAVIOLI or STEW  
BREAD  
DELI BAR CHOICES  
PASTA "BOWL" ZONE  
GRILLED SAND. ZONE  
PIZZA ZONE  
SUB. ZONE

FRUIT & VEGGIE BAR  
POTATO /CHIP /RICE  
CORN APPLES  
JUICE

**MILK**

**19**  
CHICKEN NUGGETS  
DELI BAR CHOICES  
PASTA "BOWL" ZONE  
GRILLED SAND. ZONE  
PIZZA ZONE  
SUB. ZONE

MASHED POTATOES  
POTATO /CHIP  
FRUIT & VEGGIE BAR  
GREEN BEANS  
FRESH SALAD  
JUICE

**MILK**

**20**  
PIZZA ZONE  
DELI BAR CHOICES  
PASTA "BOWL" ZONE  
GRILLED SAND. ZONE  
SUB. ZONE

FRUIT & VEGGIE BAR  
**w/ WATERMELON**  
FRESH SALAD  
POTATO /CHIP  
CORN JUICE

**MILK**

**23**

LASAGNA w/ Breadstick  
PASTA "BOWL" ZONE  
DELI BAR CHOICES  
GRILLED SAND. ZONE  
PIZZA BAR  
SUB. ZONE

**w/ OATMEAL C.C. COOKIE**  
POTATO /CHIP  
FRUIT & VEGGIE BAR  
ITALIAN VEGETABLES  
FRESH SALAD  
JUICE

**MILK**

**24**

FIESTA BAR- TACOS  
**w/ CHIPS & GH. SAUCE**  
PASTA "BOWL" ZONE  
DELI BAR CHOICES  
GRILLED SAND. ZONE  
PIZZA SUB. ZONE

**w/ RAINBOW FREEZE**  
FRUIT & VEGGIE BAR  
POTATO /CHIP  
REFRIED BEANS  
JUICE

**MILK**

**25**

HOT SUB SAND. BAR  
HOT DOG  
DELI BAR CHOICES  
PASTA "BOWL" ZONE  
GRILLED SAND. ZONE  
PIZZA ZONE

**w/ COOKIE PAC**

FRUIT & VEGGIE BAR  
POTATO /CHIP  
CORN JUICE

**MILK**

**26**

CHICKEN NUGGETS  
DELI BAR CHOICES  
PASTA "BOWL" ZONE  
GRILLED SAND. ZONE  
PIZZA ZONE  
SUB. ZONE

MASHED POTATOES  
POTATO /CHIP  
FRUIT & VEGGIE BAR  
GREEN BEANS  
FRESH SALAD  
JUICE

**MILK**

**27**

PIZZA ZONE  
DELI BAR CHOICES  
PASTA "BOWL" ZONE  
GRILLED SAND. ZONE  
SUB. ZONE

FRUIT & VEGGIE BAR  
**w/ WATERMELON**  
FRESH SALAD  
POTATO /CHIP  
CORN JUICE

**MILK**

**30**

CHICKEN TETRAZZINI  
BEEF STEW  
DELI BAR CHOICES  
PASTA "BOWL" ZONE  
GRILLED SAND. ZONE  
PIZZA SUB. ZONE

**w/ CRISP**

MASH. POTATO /CHIP  
FRUIT & VEGGIE BAR  
SALAD GRN. BEANS  
JUICE

**MILK**

**31**

FIESTA BAR- TACOS  
**w/ CHIPS & GH. SAUCE**  
PASTA "BOWL" ZONE  
DELI BAR CHOICES  
GRILLED SAND. ZONE  
PIZZA SUB. ZONE

**w/ CHERRY FREEZE BAR**

FRUIT & VEGGIE BAR  
POTATO /CHIP  
REFRIED BEANS  
JUICE

**MILK**

Good Nutrition  
is our  
Mission



*The menu meets USDA guidelines for calories, fat, protein & fiber. The menu is subject to change with out notice.*

