



El Rancho School Two-Week Rotating Menu



WEEK ONE:

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| Monday | Chicken Nuggets (2 oz.), Broccoli (1/2 c.), Apple Sauce (1/2 c.), Milk (3/4 c.) |
| Tuesday | Macaroni & Cheese (1/4 c. pasta, 1.5 oz. cheese), Green Beans (1/2 c.), Pears (1/2 c.), Milk (3/4 c.) ELEM. ONLY- Nacho bar chips w/ choices of ground beef, refried beans, cheese, sour cream, olives, & tomatoes; served w/ milk |
| Wednesday | Spaghetti (1/4 c.) w/ Meat Sauce (1.5 oz.), Mixed Vegetables (1/2 c.), Peaches (1/2 c.), Milk (3/4 c.) |
| Thursday | Peanut Butter (3 tbs.) & Jelly Sandwich (1/2), Apple Sauce (1/2 c.), Milk (3/4 c.), and Homemade Chicken (1.5 oz.) - Noodle Soup (1/4 c.), <u>or</u> Jello w/ bananas (1/4 c.) |
| Friday | Grilled Cheese (1 oz.) Sandwich (1 slice wheat bread), Green Salad (1/2 c.), Pineapple (1/2 c.), Milk (3/4 c.) |

WEEK TWO:

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| Monday | Sliced Turkey (1.5 oz.), Cheese (1 oz.) & Lettuce Sandwich on wheat bread, Corn (1/2 c.), Peaches (1/2 c.), Milk (3/4 c.) |
| Tuesday | Beef Ravioli (1/4 c.), Garlic Bread (1 slice), Vegetables (1/2 c.), Fruit (1/2 c.), Milk (3/4 c.) ELEM. ONLY- Teriyaki Chicken with Rice, Vegetables, Fruit , Milk |
| Wednesday | Beanie-Weanie (3/8 c. beans, 1.5 oz. frankfurter), Homemade Corn Bread (1/2 serving), Mixed Vegetables (1/2 c.), Pineapple (1/2 c.), Milk (3/4 c.) ELEM. ONLY- Hot dog w/ bun and condiments, Mixed Vegetables, Pineapple, Milk |
| Thursday | Cook's Pizza (1.5 oz. cheese, 1/2 serving bread, 2 salami), Green Beans (1/2 c.), Peaches (1/2 c.), Milk (3/4 c.) |
| Friday | Fish Sticks (3), Mashed Potatoes (1/2 c.) with Gravy, Fruit Cocktail (1/2 c.), Milk (3/4 c.) |

All children receive the above minimum, and may be served 2nds and 3rds upon their request.

- All vegetables are fresh frozen.
- Whole wheat bread with no artificial preservatives added.
- Bean and cornbread served at the same meal combine to make a complete protein.
- Milk is fresh low-fat

This menu has been certified by a dietitian to be nutritionally complete.
Modifications to the menu will be posted on the parent-information board.

ELEMENTARY ONLY

On two Fridays a month the main entrée will be substituted as follows:

1st Friday of the month: Cheeseburger

3rd Friday of the month: Beef Soft Taco