

Cabot Elementary Lunch 2015-16 Menu • www.cabotschools.org

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Chicken Nuggets Or Corndog Macaroni & Cheese Broccoli + Dip Sugar Cookie	Taco Tuesday! Beef or Chicken Hard or Soft Shell Whole Kernel Corn Lettuce + Tomato + Cheese	Hamburger + Baked Chips or Frito Chili Pie Carrots Frozen Fruit Sorbet	Chicken Tenders Black-eyed Peas Mashed Potatoes + Gravy Biscuit	Pepperoni Pizza Or Cheese Ravioli + Breadstick Mixed Green Salad Sliced Cucumbers + Dip
Week 2	Sloppy Joe + Baked Chips Or Steak Patty + Mashed Potatoes w/ Gravy + Biscuit Carrot Sticks + Dip Baked Beans	Taco Salad Or Breaded Chicken Sandwich + Potato Wedges Sliced Cucumbers + Dip	Meatball Sub Or Grilled Cheese Sandwich + Tomato Soup + Goldfish Crackers Green Beans Frozen Fruit Sorbet	Popcorn Chicken Tater Tots Carrots Wheat Roll	Cheese Pizza Or Lasagna + Garlic Bread Spinach Salad Whole Kernel Corn Sour Raisels
Week 3	Orange Chicken + Fried Rice Or Mini Corn Dogs + Curly Fries Carrots Frozen Fruit Sorbet	Taco Tuesday! Beef or Chicken Hard or Soft Shell Corn & Black Bean Salsa Lettuce & Tomato Chocolate Chip Cookie	Steak Fingers + Mashed Potatoes & Gravy + Biscuit Or Cheeseburger + Baked Fries Black-eyed Peas Frozen Fruit Sorbet	Chicken Nuggets Potato Wedges Broccoli + Cheese Sauce Biscuit	Pepperoni Pizza Or Italian Spaghetti + Breadstick Carrots Romaine Salad
Week 4	Popcorn Chicken Bowl Or Turkey/Ham Sub Sandwich + Baked Chips Broccoli + Dip Baked Beans	Taco Max Snax Or Beefy Cheesy Nachos Whole Kernel Corn Salsa	Steak Sandwich + Baked Chips Or Sliced Ham + Macaroni & Cheese Onion Rings Black-eyed Peas	Chicken Rings Mashed Potatoes + Gravy Carrots Wheat Roll	French Bread Cheese Pizza Or Chicken Spaghetti + Cheese Filled Bread Stick Mixed Green Salad California Blend Vegetables Sour Raisels
Week 5	Sweet & Sour Chicken + Chow Mein Noodles Or Grilled Cheese Sandwich + Baked Chips Broccoli + Dip Frozen Fruit Sorbet	Taco Tuesday! Beef or Chicken Hard or Soft Shell Spanish Rice Whole Kernel Corn Salsa Sugar Cookie	Ham & Cheese Flatbread Sandwich Or BBQ Chicken Sandwich Baked Beans Tater Tots Baked Chips	Chicken Tenders Mashed Potatoes + Gravy Black-eyed Peas Garlic Bread	Pepperoni Pizza Or Beef Ravioli + Breadstick Carrots Spinach Salad
Week 6	Breakfast for Lunch! Biscuits + Gravy Or Pancakes + Syrup Sausage Links Breakfast Potato Rounds Frozen Fruit Sorbet	Taco Soup + Cheese Filled Pretzel Or Grilled Chicken Sandwich + Baked Chips Carrots Lettuce & Tomato Cup	Hot Dog + Baked Chips Or Chicken & Noodles + Garlic Bread Breaded Okra Baked Beans	Chicken Nuggets Green Beans Curly Fries Wheat Roll	<u>Pick Your Own Pizza</u> Or Cheese Pizza Romaine Salad Whole Kernel Corn

Prices

Lunch \$2.20

Reduced Lunch \$.40

Free and reduced-price meal applications are available at your school office. They may be submitted at any time during the school year.

A choice of low-fat white or non-fat chocolate milk are offered with each school meal.

Menu is subject to change due to availability of products.

Fruit is offered with each meal.

Cabot School District
Food Service Department
602 N. Lincoln

What's for lunch today?
Follow the color coded calendar to our five week cycle menu.

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August 2015

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September 2015

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October 2015

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November 2015

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December 2015

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Cabot Elementary Breakfast 2015-16 Menu • www.cabotschools.org



Prices

Breakfast \$1.25

Reduced Lunch \$.30

Free and reduced price meal applications are available at your school office. They may be submitted at any time during the school year.

A choice of low-fat or non-fat chocolate milk are offered with each school meal.

Menu is subject to change due to availability of products.

A variety of whole grain breakfast cereals are also available each day.

What's for breakfast today?
Follow the color coded calendar to our three week cycle menu.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Pancakes w/ Syrup Sausage Links	Scrambled Eggs Crispy Bacon Toast w/ Jelly	Chicken N' Waffles	Sausage & Pancake Breakfast Sandwich Yogurt Cup	Ham & Cheese Croissant Breakfast Sandwich Breakfast Potato Rounds
Week 2	Waffles w/ Syrup Sausage Links	Pancake & Sausage on a Stick Yogurt Cup	French Toast Sticks w/ Syrup Sausage Patty	Sausage Biscuits Yogurt Cup	Blueberry or Maple Pancakes Sausage Links
Week 3	Chicken 'N Waffles	Scrambled Eggs Bacon & Cheese Breakfast Sandwich	Biscuits & Gravy Sausage Patty	Ham & Cheese Croissant Breakfast Sandwich Breakfast Potato Rounds	Pancake & Sausage on a Stick Yogurt Cup



THREE ways to purchase meals:

Pre-payments online

To pay online, have your student's ID number ready and go to www.ezschoollpay.com. This service is easy to use, convenient, private, and secure. Parents can view/print student purchase history, account balance, and pay for multiple students by credit or debit card in a single transaction. Payments post within 24 hours to student accounts, and service is available 24/7. Parents can also register to receive low balance email reminders.

Check

Make checks payable to (School Name) Child Nutrition and bring check to the cafeteria. It is preferable to bring checks to deposit into student accounts during breakfast. Include the student's name and ID number on the check.

Cash

Cash may be brought to any cafeteria in the district for deposit to any student's account, or students may pay with cash on a daily basis.

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