

# ELEMENTARY LUNCH MENUS FOR SEPTEMBER 2019

Anderson School District One  
[www.anderson1.k12.sc.us](http://www.anderson1.k12.sc.us)

This institution is an equal opportunity provider. Menus are subject to change.

## NEW ITEMS THIS MONTH:

Rotini Pasta w/Italian Meat Sauce

Macaroni & Cheese Bar w/ choice of Chicken, Taco Beef, Meatballs



**Happy Labor Day**

NO SCHOOL  
 MONDAY  
 SEPTEMBER 2nd

Tuesday, September 3

### Lunch

Cheese or Pepperoni Pizza  
 Grilled Cheese Sandwich  
 Potato Wedges  
 Baby Carrots  
 Choice of Fruits  
 Choice of Milk

Wed., September 4

### Lunch

Teriyaki Beef Steak  
 Orange Chicken  
 Brown Rice or Lo Mein Noodles  
 Steamed Broccoli  
 Steamed Carrots  
 Vegetable Egg Roll  
 Choice of Fruits  
 Assorted WG Cookie  
 Choice of Milk

Thursday, September 5

### Lunch

Cheese Stuffed Shells  
 Cheese Crunchers  
 WG Garlic Breadstick  
 Green Beans  
 Roasted Red Potatoes  
 Choice of Fruits  
 Choice of Milk

Friday, September 6

### Lunch

Cheese or Pepperoni Pizza  
 Chicken Smackers  
 WG Roll  
 Baked Beans  
 Seasoned Corn  
 Choice of Fruits  
 Choice of Milk

## Available Daily

**Salad Entrees: Crispy Chicken, Buffalo Chicken, and Hummus Plates**

**Garden Salads  
 Yogurt Meals**

**Milk Choices: 1% White Milk or Fat Free Chocolate**

Monday, September 9

### Lunch

Garlic Cheese French Bread Pizza  
 Meatball & Cheese Sub  
 Tater Tots  
 Baby Carrots  
 Choice of Fruits  
 Choice of Milk

Tuesday, September 10

### Lunch

Taco Bar w/Choice of Taco Beef or Chicken  
 Seasoned Corn  
 Pinto Beans  
 Choice of Fruits  
 Choice of Milk

Wed., September 11

### Lunch

Chicken Smackers  
 Oven Roasted BBQ Chicken  
 Macaroni & Cheese  
 Green Beans  
 Choice of Fruits  
 Assorted WG Cookies  
 Choice of Milk

Thursday, September 12

### Lunch

Chicken Sandwich  
 Stuffed Crust Dippers  
 Steamed Broccoli  
 Steamed Carrots  
 Choice of Fruits  
 Choice of Milk

Friday, September 13

### Lunch

Cheese or Pepperoni Pizza  
 Fish Basket  
 Baked Beans  
 Corn on the Cob  
 Choice of Fruits  
 Choice of Milk



Monday, September 16

**Lunch**

Mac & Cheese Bar w/  
choice of Chicken, Taco  
Beef, or Beef  
Meatballs  
Potato Wedges  
Steamed Carrots  
Choice of Fruits  
Choice of Milk

Tuesday, September 17

**Lunch**

Cheese or Pepperoni  
Pizza  
Boneless Wings  
(BBQ or Teriyaki)  
WG Roll  
Seasoned Corn  
Choice of Fruits  
Choice of Milk

Wed., September 18

**Lunch**

Turkey Pot Roast  
Beef Meatloaf w/Gravy  
WG Roll  
Mashed Potatoes  
Green Beans  
Choice of Fruits  
Assorted WG Cookies  
Choice of Milk

Thursday, September 19

**Lunch**

Rotini Pasta w/ Meat  
Sauce  
Cheese Crunchers  
WG Garlic Breadstick  
Steamed Broccoli  
Baby Carrots  
Choice of Fruits  
Choice of Milk

Friday, September 20

**Lunch**

Cheese or Pepperoni  
Pizza  
Nacho's w/Chili &  
Cheese  
Seasoned Corn  
Black Beans  
Choice of Fruits  
Choice of Milk

Monday, September 23

**Lunch**

Cheeseburger  
Chicken Corn Dog  
Corn on the Cob  
Baked Beans  
Choice of Fruits  
Choice of Milk

Tuesday, September 24

**Lunch**

Cheese or Pepperoni  
Pizza  
Grilled Cheese  
Sandwich  
Potato Wedges  
Baby Carrots  
Choice of Fruits  
Choice of Milk

Wed., September 25

**Lunch**

Teriyaki Beef Steak  
Orange Chicken  
Brown Rice or Lo Mein  
Noodles  
Steamed Broccoli  
Steamed Carrots  
Vegetable Egg Roll  
Choice of Fruits  
Assorted WG Cookie  
Choice of Milk

Thursday, September 26

**Lunch**

Cheese Stuffed Shells  
Cheese Crunchers  
WG Garlic Breadstick  
Green Beans  
Roasted Red Potatoes  
Choice of Fruits  
Choice of Milk

Friday, September 27

**Lunch**

Cheese or Pepperoni  
Pizza  
Chicken Smackers  
WG Roll  
Tater Tots  
Seasoned Corn  
Choice of Fruits  
Choice of Milk

Monday, September 30

**Lunch**

Garlic Cheese French  
Bread Pizza  
Meatball & Cheese Sub  
Tater Tots  
Baby Carrots  
Choice of Fruits  
Choice of Milk

**What makes a "Meal Deal"?**

**1 GREAT TRAY**

A healthy lunch consists of five components:

- Milk**
- Fruit**
- Vegetable**
- Grain**
- Protein**



Eat Smart! Make choices from all five food groups daily!

Students are **REQUIRED** to choose 3 of the 5 components with **at least 1 fruit or vegetable to make a lunch.**

**TIME for LUNCH**



We're here to serve you, so please let us know if there's anything we can do for you.

**Have a Great Year!**

**The original value meal & still a fantastic deal!**

**Breakfast**

**\$1.20**

Elementary Secondary

**Lunch**

**\$2.25** **\$2.40**

Elementary Secondary

Get in touch with us today to learn more about free and reduced-price meals in our district: 864-847-7344 or [lunchapplication.com](http://lunchapplication.com)