

# Southwest Licking Local Elementary 2011-2012 Lunch Menu



[www.swl.k12.oh.us](http://www.swl.k12.oh.us)

**LUNCH PRICES:**  
 Elementary Schools:  
 \$ 2.50/Reduced \$ .40  
 Extra Milk: \$ .50

100% juice and water are available for purchase during all lunches.

Menu will only change due to inclement weather or product availability. Any necessary changes will be on morning announcements.

Alternate menu selections are available daily

## BREAKFAST MENU

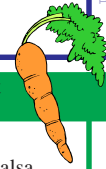
MON - FRI  
 Asst Breakfast Items  
 Fresh Fruit  
 100 % Juice  
 Chilled Milk

**BREAKFAST PRICES:**  
 Free to all Students

SWLS takes pride in providing safe, nutritious meals to our students and staff

## LUNCH MENU #1

Monday	Hamburger on WG Bun Crispy Fries Chilled Peaches Chilled Milk	Tuesday	WG Chicken Strips Mini Tator Puffs* Warm Cinnamon Apples Chilled Milk	Wednesday	WG Specialty Pizza Romaine Mix Salad Fresh Fruit Chilled Milk	Thursday	WG Mini Corn Puppies Steamed Broccoli Fruit Cup Chilled Milk	Friday	WG Cheesy Breadsticks w/Marinara sauce Succotash Fresh Fruit Chilled Milk
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## LUNCH MENU #2

WG = Whole grain; \*SP - Sweet Potato Product

Monday	WG Chicken Patty on WG Bun Waffle Fries* Cinnamon Applesauce Chilled Milk	Tuesday	WG Spaghetti w/meat sauce Green Beans Warm WG Breadstick Fruit Choice Chilled Milk	Wednesday	WG Specialty Pizza Romaine Mix Salad Fresh Fruit Chilled Milk	Thursday	Walking Taco Black Bean Corn Salsa Fruit Choice Chilled Milk Churro	Friday	Grilled Cheese on WG Bread Baby Carrots w/dip Fresh Fruit Chilled Milk
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## LUNCH MENU #3

Monday	Hot Dog on WG Bun Baked Beans Fresh Apple Fun-size Pretzels Chilled Milk	Tuesday	WG Chicken Nuggets White Rice California Blend Mandarin Oranges Fortune Cookie Chilled Milk	Wednesday	WG Specialty Pizza Romaine Mix Salad Fresh Fruit Chilled Milk	Thursday	Chicken Soft Taco Corn Fruit Cup Chilled Milk	Friday	WG French Toast Sticks Scrambled Eggs Home Fries* Fruit Juice Chilled Milk
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## LUNCH MENU #4

Monday	Cheeseburger on WG Bun Sweet Potato Fries Pineapple Tidbits Chilled Milk	Tuesday	Baked Rigatoni Romaine Salad WW Roll w/jelly Fruit Juice Bar Chilled Milk	Wednesday	WG Specialty Pizza Carrots & Dip Fresh Fruit Chilled Milk	Thursday	Grilled Chicken Sandwich on WG Bun Red Beans & Rice Fruit Cup Chilled Milk	Friday	Cheesy Macaroni WG Breadstick Mixed Vegetables Fresh Fruit Chilled Milk
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Pay lunch accounts online at [www.MyNutrikids.com](http://www.MyNutrikids.com) - instructions on back.

Applications for Free or Reduced meals are available at all school offices, District website [www.swl.k12.oh.us](http://www.swl.k12.oh.us) or by calling the Food Service Office at 740-927-7994.

Students may only charge 3 meals and then receive a cheese or PBJ sandwich and white milk until account is paid. **NO CHARGES ALLOWED AFTER MAY 1st.**, please send money with your child for meals and any extras.

Southwest Licking Schools is Going for the Gold! We are proud to offer elementary and secondary menu's that are compliant with Gold Standards to apply for the prestigious Healthier US School Challenge! For more information visit: <http://www.fns.usda.gov/t/HealthierUS/vision.html>

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

\*In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.