



MARQUETTE

INNOVATIVE NUTRITION MARKETPLACE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SEPTEMBER

Daily Lunch Prices

Elementary..... \$2.90
Adult..... \$3.95
Reduced Lunch \$0.00
Milk \$0.65

2019

K-6

• School is not in Session

2

• Hamburger on a Whole Wheat Bun
• Pickle Slices
• Sweet Potato Confetti Tots
• Chilled Peaches
• Lowfat Milk Choices

3

• Mexican Taco w/Fixings
• Zesty Salsa
• Refried Beans
• Whole Kernel Corn
• Fresh Fruit
• Lowfat Milk Choices

4

• Super Deli Sub Sandwich* with Garden Fresh Fixings
• Pickle Spear
• Crisp Baby Carrots
• Pineapple Tidbits
• Lowfat Milk Choices
• Bug Bite Graham Crackers

5

• Chicken Nuggets
• Macaroni & Cheese
• Steamed Green Beans
• Crunchy Fresh Vegetables
• Mixed Fruit Cup
• Lowfat Milk Choices

6

• Pepperoni* Pizza
• Crisp Mixed Greens w/Balsamic Vinaigrette
• Whole Kernel Corn
• Chilled Peaches
• Lowfat Milk Choices

9

• French Toast Sticks
• Savory Turkey Sausage Patty*
• Crispy Hashbrown
• Tangy Chilled Tomato Juice
• Farm to School Watermelon
• Lowfat Milk Choices

10

• Italian Meatball Sub with Mozzarella Cheese
• Steamed Green Beans
• Fresh Cucumber Slices & Baby Carrots
• Mandarin Oranges
• Lowfat Milk Choices
• Mini Rice Krispie Bar

11

• Toasty Grilled Cheese Sandwich
• Creamy Tomato Soup
• Crunchy Garden Veggies w/Red Pepper Hummus
• Farm to School Cantaloupe
• Lowfat Milk Choices

12

• Shrimp Poppers
• Oven Browned Potatoes
• Steamed Peas & Carrots
• Mixed Fruit Cup
• Lowfat Milk Choices

13

• Chicken Patty on Whole Wheat Bun w/Sriracha Sauce & Shredded Lettuce
• Au Gratin Potatoes
• Pineapple Tidbits
• Lowfat Milk Choices

16

• Shaved Deli Turkey Breast on Whole Wheat Bread w/ Shredded Lettuce
• Pickle Spear
• Rotini Ranch Salad
• Tangy Chilled Tomato Juice
• Fresh Fruit
• Lowfat Milk Choices
• Baked Chips

17

• Hamburger on a Whole Wheat Bun
• Pickle Slices
• Baked Beans
• Crunchy Celery Sticks
• Applesauce
• Lowfat Milk Choices

18

• Italian Whole Wheat Pasta w/ Meatsauce
• Garden Fresh Romaine Salad
• Farm to School Cucumbers & Carrots
• Garlic Bread
• Fresh Fruit
• Lowfat Milk Choices

19

• BBQ Rib* on a Whole Wheat Bun
• Pickle Slices
• Creamy Potato Salad
• Fresh Broccoli Bites
• Mixed Fruit Cup
• Lowfat Milk Choices

20

• Roasted Chicken Fillet on a Whole Wheat Bun w/ Shredded Lettuce
• Sweet Potato Side Dish
• California Blend Veggies
• Mandarin Oranges
• Lowfat Milk Choices
• Pudding Cup

23

• Nachos w/Meat & Cheese Sauce
• Bold Black Bean Salsa
• Whole Kernel Corn
• Fresh Fruit
• Lowfat Milk Choices

24

Dress Your Dog Day!

• Hot Dog* on a Whole Wheat Bun w/Choice of Chili, Cheese & Relish
• Creamy Potato Salad
• Calico Baked Beans
• Chilled Applesauce
• Lowfat Milk Choices

25

• Chicken Noodle Soup
• Deli Ham & Cheese Sandwich*
• Fresh Baby Carrots & Farm to School Kohlrabi Sticks
• Deli Coleslaw
• Fresh Fruit
• Lowfat Milk Choices

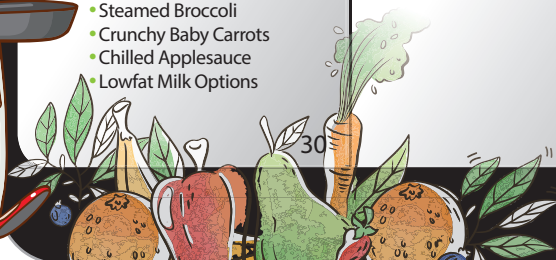
26

• Chicken Stix
• Oven Browned Potatoes
• Strawberry Spinach Salad w/ Poppy Seed Dressing
• Fresh Broccoli Bites
• Whole Wheat Bread
• Diced Pears
• Lowfat Milk Choices

27

• Teriyaki Chicken Bites
• Asian Brown Rice
• Steamed Broccoli
• Crunchy Baby Carrots
• Chilled Applesauce
• Lowfat Milk Options

30



*This item contains pork

Call 218-742-3660 for employment opportunities with the Food & Nutrition Department.
Work school days & have evenings, weekends, holidays & summer off.
This institution is an equal opportunity provider.



Daily Breakfast Prices

Adults.....\$2.30
 Full Paid Elementary.....\$1.95
 Free & Reduced
 Elementary.....\$0.00
 Kindergarten Students\$0.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice of • Whole Grain Breakfast Muffin • String Cheese • Fresh Fruit • Lowfat Milk	Choice of • Assorted Breakfast Cereal • Cheesestick • 100% Fruit Juice • Lowfat Milk	Choice of • Mini Cinnamon Stuffed Bagel • Cheesestick • Fresh Fruit • Lowfat Milk	Choice of • Fresh Baked Whole Grain Cinnamon Roll • 100% Fruit Juice • Lowfat Milk	Choice of • Bug Bite Graham Crackers • Assorted Yogurt • 100% Fruit Juice • Lowfat Milk

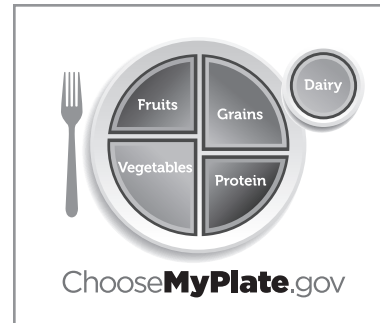
Daily breakfast options include: fruit, juice and low fat milk.

Please assist

Please note: Families who qualified for benefits the previous year must resubmit a completed "Application for Educational Benefits" form by October 15, 2019 to continue receiving benefits.

Virginia Public Schools receive additional educational funds for completed and approved "Application for Educational Benefits" form for free or reduced meals.

A large amount of state and federal funds for schools is based upon the number of families that qualify for free and reduced meal programs. The district receives additional funding in Title 1, e-rate technology and basic skills funding when more students qualify for free or reduced lunch prices. Therefore it is important that all parents of eligible students fill out and return an "Application for Educational Benefits" form. The forms are sent home at the beginning of the year with students. Copies can also be picked up at the principal's office or food service office.



Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Build a Healthy Breakfast

Students must select 1/2 c. fruit or juice and full servings of two other food groups.

A variety of milk available.
 Lactose reduced milk will be available.



Gluten-controlled lunch & breakfast available.

Additional options are available for secondary students.

The menu contains known allergens including but not limited to: peanuts, tree nuts, soy, seafood, produce, grain and dairy. Please review the menu with allergic family members.

Menu items subject to change without notice.

It is our goal to gently encourage students to select well-balanced meals.

Our best ideas come from you. Email your brilliant idea or important questions to:

Amy Turner
 aturner@vmpps.org

Or call:
 218-742-3660