

# MENUS FOR AUGUST & SEPTEMBER 2018

Hillcrest  
Elementary  
School

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



Welcome Back  
for **FOOD, FUN, & FITNESS!**

**KIDS! Join us daily for  
the original value meal!**

All of our complete meals are always

**NO CHARGE  
for all students**

with no need to submit an  
application, thanks to the  
**Community Eligibility Program!**

I am the letter

# K



koala

Thursday, August 30

**Breakfast**

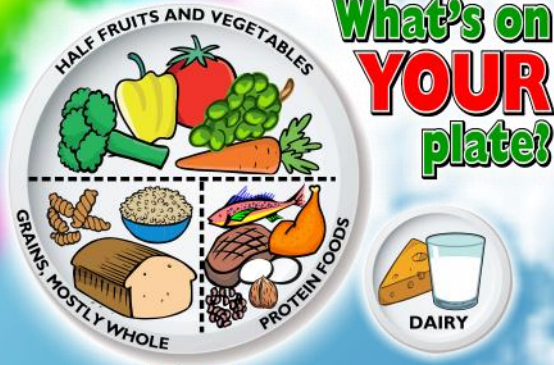
WG Crumb Cake or Cereal  
Yogurt & Assorted Fruit

**Lunch**

Ham & Cheese  
with Lettuce & Tomato on  
Goldfish Bread  
Sliced Cucumbers with Dip  
Snack Cracker or Chip  
Assorted Fruit

**Snack**

Fresh Oranges



Try to eat a  
**RAINBOW**  
of different colors!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or  
[http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Friday, August 31

**Breakfast**

WG Breakfast Bread or Cereal  
With Cheese Stick &  
100% Juice or Fruit

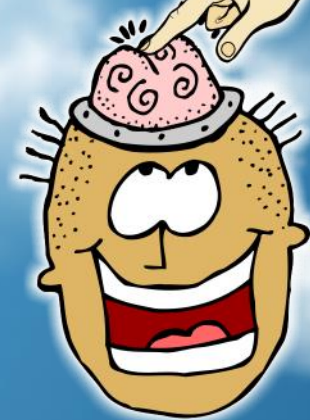
**Lunch**

Cheese Pizza Stick  
With Marinara Sauce  
Crunchy Roasted Chick Peas  
Steamed Broccoli  
Assorted Fruit

**Snack**

Apple Slices

Brain Ticklers



What do you  
call a Gorilla  
with a banana  
in each ear?

(Hold the page upside  
down and read it in a  
mirror for the answer!)

— ןס עשו ן ןסעל הוסיף  
לְהוֹמִימֻסֵּי הַיּוֹם מַשָּׂנֵי

**HAPPY  
LABOR DAY!**



Try not to be **BLUE**  
about Summer's end –  
enjoy the last sweet  
days of the season  
**BERRY** much!

Tuesday, September 4

**Breakfast**

WG Muffin or Cereal  
Low-Fat Cheesestick  
Assorted Fruit

**Lunch**

Nachos made with Seasoned  
Ground Turkey & Cheese over  
Tortilla Chips  
With Salsa & Sour Cream  
Corn & Black Beans  
Assorted Fruit

**Snack**

Cucumber Wheels & Dip

Wed., September 5

**Breakfast**

Egg & Cheese Sandwich  
Or WG Cereal  
Assorted Fruit

**Lunch**

Turkey & Cheese  
with Lettuce & Tomato on  
Goldfish Bread  
Sliced Cucumbers with Dip  
Snack Cracker or Chip  
Assorted Fruit

**Snack**

Melon Smiles

Thursday, September 6

**Breakfast**

WG Crumb Cake or Cereal  
Yogurt & Assorted Fruit

**Lunch**

Chicken Patty  
With Lettuce & Tomato  
on a Whole Wheat Roll  
Smiley Fries  
Assorted Fruit

**Snack**

Fresh Oranges

Friday, September 7

**Breakfast**

WG Breakfast Bread or Cereal  
With Cheese Stick &  
100% Juice or Fruit

**Lunch**

Cheese Pizza Stick  
With Marinara Sauce  
Crunchy Roasted Chick Peas  
Steamed Broccoli  
Assorted Fruit

**Snack**

Apple Slices

**Monday, September 10**

**Breakfast**

Sweet Potato Cinnamon Roll  
Or WG Cereal  
With Low-Fat Yogurt  
100% Juice or Fruit

**Lunch**

Popcorn Chicken with Dip  
Tater Tots  
4 Bean Salad  
Assorted Fruit

**Snack**

Fresh Pears

**Tuesday, September 11**

**Breakfast**

WG Muffin or Cereal  
Low-Fat Cheesestick  
Assorted Fruit

**Lunch**

Grilled Cheese Sandwich  
Steamed Carrots  
Broccoli-Raisin Salad  
Assorted Fruit

**Snack**

Cucumber Wheels w/ Dip

**Wed., September 12**

**Breakfast**

Egg & Cheese Sandwich  
Or WG Cereal  
Assorted Fruit

**HALF-DAY**

**Lunch**

Whole Grain Soft Pretzel &  
Yogurt with Honey Grahams  
Carrot & Cucumber Sticks  
With Low-Fat Ranch Dip or  
Hummus  
Assorted Fruit



**Thursday, September 13**

**Breakfast**

WG Crumb Cake or Cereal  
Yogurt & Assorted Fruit

**Lunch**

Hamburger with Cheese  
With Lettuce & Tomato on a  
Whole Wheat Roll  
Smiley Fries  
Assorted Fruit

**Snack**

Fresh Oranges

**Friday, September 14**

**Breakfast**

WG Breakfast Bread or Cereal  
With Cheese Stick &  
100% Juice or Fruit

**Lunch**

Stuffed Crust Cheese Pizza  
Garlic-Parmesan Broccoli  
Crunchy Roasted Chick Peas  
Assorted Fruit

**Snack**

Apple Slices

**Monday, September 17**

**Breakfast**

Sweet Potato Cinnamon Roll  
Or WG Cereal  
With Low-Fat Yogurt  
100% Juice or Fruit

**Lunch**

Chicken Nuggets  
With Tater Tots  
Whole Wheat Dinner Roll  
Steamed Carrots & Peas  
Assorted Fruit

**Snack**

Fresh Pears

**Tuesday, September 18**

**Breakfast**

WG Muffin or Cereal  
Low-Fat Cheesestick  
Assorted Fruit

**Lunch**

Fajita Chicken Nachos  
With Cheese, Salsa  
& Sour Cream  
Over Tortilla Chips  
Corn & Black Beans  
Assorted Fruit

**Snack**

Cucumber Wheels w/ Dip

**Wed., September 19**

**Breakfast**

Egg & Cheese Sandwich  
Or WG Cereal  
Assorted Fruit

**Lunch**

Ham & Cheese  
with Lettuce & Tomato on  
Goldfish Bread  
Sliced Cucumbers w/ Dip  
Snack Cracker or Chip  
Assorted Fruit

**Snack**

Melon Smiles

**Thursday, September 20**

**Breakfast**

WG Crumb Cake or Cereal  
Yogurt & Assorted Fruit

**Lunch**

French Toast Sticks w/ Syrup  
Sausage Patty  
Smiley Fries  
Honey Glazed Carrots  
Assorted Fruit

**Snack**

Fresh Oranges

**Friday, September 21**

**Breakfast**

WG Breakfast Bread or Cereal  
With Cheese Stick &  
100% Juice or Fruit

**Lunch**

Personal Cheese Pizza  
Crunchy Roasted Chick Peas  
Fresh Broccoli Trees  
with Low-fat Ranch Dip or  
Hummus  
Assorted Fruit

**Snack**

Apple Slices

**Monday, September 24**

**Breakfast**

Sweet Potato Cinnamon Roll  
Or WG Cereal  
With Low-Fat Yogurt  
100% Juice or Fruit

**Lunch**

Macaroni & Cheese  
Whole Wheat Dinner Roll  
Steamed Carrots  
Green Beans  
Assorted Fruit

**Snack**

Fresh Pears

**Tuesday, September 25**

**Breakfast**

WG Muffin or Cereal  
Low-Fat Cheesestick  
Assorted Fruit

**Lunch**

Nachos made with Seasoned  
Ground Turkey & Cheese over  
Tortilla Chips  
With Salsa & Sour Cream  
Corn & Black Beans  
Assorted Fruit

**Snack**

Cucumber Wheels w/ Dip

**Wed., September 26**

**Breakfast**

Egg & Cheese Sandwich  
Or WG Cereal  
Assorted Fruit

**Lunch**

Turkey & Cheese  
with Lettuce & Tomato on  
Goldfish Bread  
Cucumber Wheels w/ Dip  
Snack Cracker or Chip  
Assorted Fruit

**Snack**

Melon Smiles

**DON'T GET!**

To make a lunch,  
choose at least one

Fruit/Juice or Veggie

Grains Milk Protein

Fruit/Juice and 3-5 items total Vegetables

**GILL-MONTAGUE SCHOOL DISTRICT  
FOOD SERVICES**

**Thursday, September 20**

**Breakfast**

WG Crumb Cake or Cereal  
Yogurt & Assorted Fruit

**Lunch**

French Toast Sticks w/ Syrup  
Sausage Patty  
Smiley Fries  
Honey Glazed Carrots  
Assorted Fruit

**Snack**

Fresh Oranges

**Friday, September 21**

**Breakfast**

WG Breakfast Bread or Cereal  
With Cheese Stick &  
100% Juice or Fruit

**Lunch**

Personal Cheese Pizza  
Crunchy Roasted Chick Peas  
Fresh Broccoli Trees  
with Low-fat Ranch Dip or  
Hummus  
Assorted Fruit

**Snack**

Apple Slices

**Monday, September 24**

**Breakfast**

Sweet Potato Cinnamon Roll  
Or WG Cereal  
With Low-Fat Yogurt  
100% Juice or Fruit

**Lunch**

Macaroni & Cheese  
Whole Wheat Dinner Roll  
Steamed Carrots  
Green Beans  
Assorted Fruit

**Snack**

Fresh Pears

**Tuesday, September 25**

**Breakfast**

WG Muffin or Cereal  
Low-Fat Cheesestick  
Assorted Fruit

**Lunch**

Nachos made with Seasoned  
Ground Turkey & Cheese over  
Tortilla Chips  
With Salsa & Sour Cream  
Corn & Black Beans  
Assorted Fruit

**Snack**

Cucumber Wheels w/ Dip

**Wed., September 26**

**Breakfast**

Egg & Cheese Sandwich  
Or WG Cereal  
Assorted Fruit

**Lunch**

Turkey & Cheese  
with Lettuce & Tomato on  
Goldfish Bread  
Cucumber Wheels w/ Dip  
Snack Cracker or Chip  
Assorted Fruit

**Snack**

Melon Smiles

**Thursday, September 27**

**Breakfast**

WG Crumb Cake or Cereal  
Yogurt & Assorted Fruit

**Lunch**

Chicken Patty  
With Lettuce & Tomato  
on a Whole Wheat Roll  
Smiley Fries  
Assorted Fruit

**Snack**

Fresh Oranges

**Friday, September 28**

**Breakfast**

WG Breakfast Bread or Cereal  
With Cheese Stick &  
100% Juice or Fruit

**Lunch**

Cheese Pizza Stick  
With Marinara Sauce  
Steamed Broccoli  
Crunchy Roasted Chick Peas  
Assorted Fruit

**Snack**

Apple Slices