

Menus for September 2024



ACMETONIA Elementary School

FREE Breakfast & Lunch Meals for all students

*District is continuing the **Community Eligibility Program**

Student meals are FREE through the end of the 2024-2025 school year.

*Ala Carte and Extra Items Not Included

Breakfast:

Choose at least 3 of 4 available component

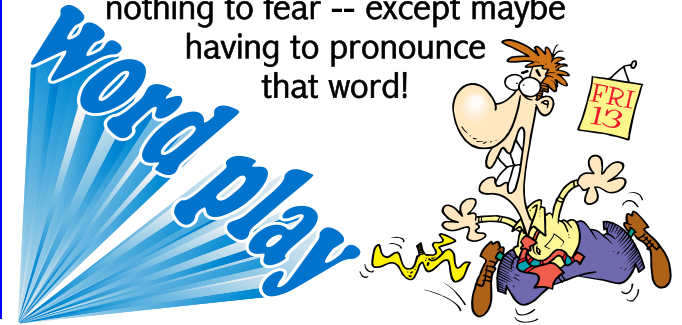
Daily breakfast entrée or variety of alternate choices

Fruit or 100% Fruit Juice

Milk Choice

Friggatriskaidekaphobia

“Friggatriskaidekaphobia” is the irrational fear of Friday the 13th. There’s really nothing to fear -- except maybe having to pronounce that word!



Tuesday, September 3	Wed., September 4	Thursday, September 5	Friday, September 6
Breakfast Wholegrain Muffin Choice	Breakfast Baked Strawberry Pancake Bowl	Breakfast Baked Wholegrain Funnel Cake	Breakfast Baked Wholegrain Apple Turnover
Lunch Maple Pancakes with Sausage Link Applesauce Cup Fruit / Milk Choice	Lunch Cheeseburger on a Wholegrain Bun Baked Fries Fruit / Milk Choice	Lunch Chicken Sandwich Cucumber Slices with Ranch Dipping Cup Fruit / Milk Choice	Lunch Thick Crust Pizza Slice Tossed Garden Salad Fruit / Milk Choice



For more information on cafeteria job opportunities call:
724-274-2105

Monday, September 9 Breakfast Super Bakery Ultra Cinnamon Bread Lunch Chicken Sticks with Buttered Noodles Baby Carrots Fruit / Milk Choice	Tuesday, September 10 Breakfast Buttermilk Pancake Bites with Syrup Lunch Beef & Cheese Nachos Steamed Corn Fruit / Milk Choice	Wed., September 11 Breakfast Breakfast Pizza Square Lunch Meatball Hoagie on a Wholegrain Bun Baked Fries Fruit / Milk Choice	Thursday, September 12 Breakfast Egg & Bacon Breakfast Bagel Lunch Baked Hoagie with Potato Sticks Mango Vegetable Juice Fruit / Milk Choice	Friday, September 13 Breakfast Baked Cinnamon Donut Holes Lunch BOSCO Sticks with Pizza Sauce Vegetable Choice Fruit / Milk Choice
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Remembering our Heroes on September 11, and showing our support for them all year round.



Monday, September 16

Breakfast
Cereal Choice with Wholegrain Crackers

Lunch
Mac & Cheese with Baked Soft Pretzel
Steamed Broccoli
Fruit / Milk Choice

Tuesday, September 17

Breakfast
French Toast Bites with Syrup

Lunch
Chicken Quesadilla Pizza
Smiley Fries
Fruit / Milk Choice

Wed., September 18

Breakfast
Baked Strawberry Pancake Bowl

Lunch
Hot Dog on a Wholegrain Bun
Honey Baked Beans
Fruit / Milk Choice

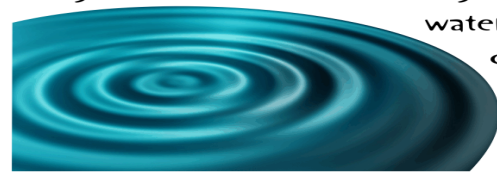
Thursday, September 19

Breakfast
Cinnamon Ultimate Breakfast Round

Lunch
Pizza Crunchers
Cucumber Slices with Ranch Dipping Cup
Fruit / Milk Choice

RIPPLE EFFECT.

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what's the best way to give your body the water it needs? Easy. Drink fresh, pure water throughout the day, and try to make a habit of choosing water instead of soda.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, September 23

Breakfast
Super Bakery Banana Bread

Lunch
Chicken Nuggets with Cheesy Potatoes
Baby Carrots
Fruit / Milk Choice

Tuesday, September 24

Breakfast
Maple Waffle Bites with Syrup

Lunch
Beef Taco with Lettuce & Cheese
Steamed Corn
Fruit / Milk Choice

Wed. September 25

Breakfast
Breakfast Pizza Square

Lunch
Breaded Corn Dog Nuggets
Baked Fries
Fruit / Milk Choice

Thursday, September 26

Breakfast
Sausage & Pancake Flap Stick

Lunch
BBQ Rib Sandwich with Potato Sticks
Punch Vegetable Juice
Fruit / Milk Choice

Friday, September 27

Breakfast
Baked Wholegrain Apple Churro

Lunch
Thin Crust Pizza Slice
Tossed Garden Salad
Fruit / Milk Choice



Every complete meal we serve comes with your choice of milk!

Monday, September 30

Breakfast
Cereal Choice with Wholegrain Crackers

Lunch
Orange Asian Chicken with Rice
Vegetable Choice
Fruit / Milk Choice

VEGETABLE OF THE MONTH

Cucumber

Why are cucumbers so "cool"? Because they're so good for you! But don't cut off the skin -- the skin contains vitamins A, C, K, B1, B2, B3, B5, B6, Folic Acid, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc!

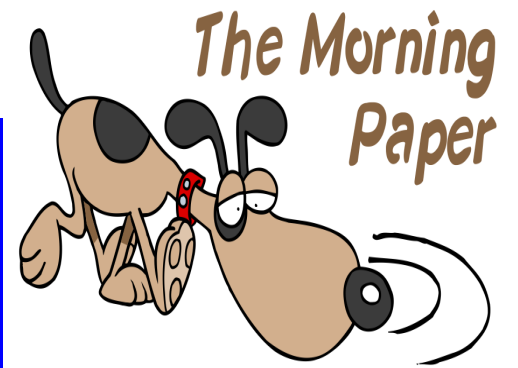
Lunch:

Alternate Choice:

- 1) Deli Hoagie
- 2) Peanut Butter & Jelly Sandwich

Available Daily:

Fruit or 100% Fruit Juice
Vegetable Choice
Wholegrain Breads/Rolls
Milk Choice



How does a dog know what's going on in the world? Through his nose, of course! So when you walk a dog in the morning, and he's sniffing more than usual? A lot's happened overnight - he's just reading the morning newspaper!