

2019-2020



# Amelia Elementary Lunch Menu

	MONDAY <i>Vegetable of the Day: Broccoli</i>	TUESDAY <i>Vegetable of the Day: Corn</i>	WEDNESDAY <i>Vegetable of the Day: Green Beans</i>	THURSDAY <i>Vegetable of the Day: See Below</i>	FRIDAY <i>Vegetable of the Day: Peas</i>
8/28 <i>First Day of School!</i> <b>WEEK 1</b>	9/23, 10/21, 11/18, 12/16 <b>Chicken Nuggets w/ Dinner Roll Baked Beans</b>	9/24, 10/22, 11/19, 12/17 <b>Soft Beef Taco w/ Cheese, Brown Rice, Seasoned Black Beans, Lettuce, Diced Tomato &amp; Salsa</b>	8/28, 9/25, 10/23, 11/20, 12/18 <b>Fish Nuggets w/ WG Macaroni &amp; Cheese</b>	8/29, 9/26, 10/24, 11/21, 12/19 <b>Brunch for Lunch: French Toast Sausage Patties &amp; Deli Roasters Oven Roasted Zucchini</b>	8/30, 9/27, 10/25, 11/22, 12/20 <b>Marco's Pizza Pepperoni / Cheese</b>
<b>WEEK 2</b>	9/2 No School, 9/30, 10/28, 11/25 <b>Popcorn Chicken w/ Dinner Roll Baked Beans</b>	9/3, 10/1, 10/29, 11/26 <b>Beef Taco in a Bag of Nacho Cheese Doritos w/ Rice, Seasoned Black Beans, Cheese &amp; Salsa</b>	9/4, 10/2, 10/30, 11/27 No School <b>Cheesy Bread w/ Marinara Cup</b>	9/5, 10/3, 10/31, 11/28 No School <b>BBQ Boneless Chicken Wings Dinner Roll w/ Fresh Celery &amp; Lite Ranch Dressing</b>	9/6, 10/4, 11/1, 11/29 No School <b>Wild Mike's Cheesy Bottom Pizza</b>
<b>WEEK 3</b>	9/9, 10/7, 11/4, 12/2 <b>Chicken Nuggets w/ Dinner Roll Baked Beans</b>	9/10, 10/8, 11/5 No School, 12/3 <b>Chicken and Cheese Taquitos w/ Brown Rice, Seasoned Black Beans, Lettuce, Diced Tomato and Salsa</b>	9/11, 10/9, 11/6, 12/4 <b>Cheeseburger Emoji Mashed Potato Fries</b>	9/12, 10/10, 11/7, 12/5 <b>Brunch for Lunch: Waffles, Scrambled Eggs &amp; Deli Roasters Oven Roasted Squash</b>	9/13, 10/11 No School, 11/8, 12/6 <b>Marco's Pizza Pepperoni / Cheese</b>
<b>WEEK 4</b>	9/16, 10/14, 11/11, 12/9 <b>Popcorn Chicken w/ Dinner Roll Baked Beans</b>	9/17, 10/15, 11/12, 12/10 <b>Beef Taco in a Bag of Fritos w/ Brown Rice, Seasoned Black Beans, Lettuce, Tomato &amp; Salsa</b>	9/18, 10/16, 11/13, 12/11 <b>Cheddar Twisted Stix w/ Tomato Soup</b>	9/19, 10/17, 11/14, 12/12 <b>Oven Fried Chicken w/ Dinner Roll Mashed Potatoes Cooks Choice of 'Other'</b>	9/20, 10/18, 11/15, 12/13 <b>Wild Mike's Cheesy Bottom Pizza</b>

Regular Meal: \$2.70  
 Reduced Price Meal \$0.40  
 Adult Meal: \$3.75  
 Milk \$0.50 Includes: 1% Chocolate or 1% White  
**Daily Offerings:** EZ Jammer w/ String Cheese & Goldfish, Chef Salad w/  
 Goldfish and Dinner Roll, Deli Meat & Cheese Sandwich, Yogurt Meal w/ Granola,  
 Goldfish and String Cheese or Hot Dog on a Bun

Meals include 2 side items fruit/vegetable and milk (must select 1 fruit or vegetable with each meal).  
 Daily Fruit & Vegetable choices contain selections from the dark green, red/orange, bean, starchy, &  
 other veg. groups, weekly. High VIT-A choice 3x a week. Romaine & Spring Mix Salad w/various  
 cooked/fresh fruits & vegetables daily in addition to menu listings.

**All meals include 2 sides (must take fruit/vegetable)**

Please make separate lunch checks payable to your Child's School Cafe. To check meal account balances, view detailed list of payments received and items purchased or to make a payment to your child's meal account, log into you're account with EZPay or check with Manager **Sharona Hauck, 513-943-3806**. For more regarding Nutrition services, visit [www.westcler.k12.oh.us](http://www.westcler.k12.oh.us).

**For comments or concerns about the lunch program, contact Tiffany McCleese: [mccleese\\_t2@my.westcler.org](mailto:mccleese_t2@my.westcler.org).**  
 This institution is an equal opportunity provider.  
 Thank you for participating in the school lunch program!