



Power Your Performance August/September 2019

POWERUP!

Discovery KITCHEN

Capac Elementary Breakfast/Lunch Menu August 27 – September 27, 2019

MENU SUBJECT TO
CHANGE WITHOUT NOTICE

Monday	Tuesday	Wednesday	Thursday	Friday
Aug 26	WELCOME BACK 27 <i>Free Nutrition Magnet!!</i> Chicken Nuggets (5) w/Honey Mustard Dressing & Dinner Roll Seasoned Peas Beef Hot Dog on a Bun	28 Bosco Breadsticks (2) w/Marinara Sauce Savory Green Beans BBQ Riblet on a Bun	29 Cheese Pizza Boston Baked Beans Italian Meatball Sub	30 NO SCHOOL
Sept. 2 NO SCHOOL LABOR DAY	3 BBQ Riblet on a Bun Savory Green Beans Bosco Breadsticks (2) w/Marinara Sauce <i>Skyscraper Day</i>	4 Savory Salisbury Steak w/Mashed Potatoes, Gravy & Dinner Roll Seasoned Broccoli w/Cheese Sauce Turkey & Cheese Wrap	5 Stuffed Crust Pepperoni Pizza Boston Baked Beans Chicken Tenders (3)	6 Soft Beef Taco w/Shredded Lettuce, Fresh Diced Tomatoes & Salsa Seasoned Refried Beans Mini Corn Dog Nuggets (6)
9 Bacon Cheeseburger Oven Baked Curly Fries Chicken Nuggets (5) w/Dinner Roll	10 Pancakes (2) w/Sausage Patties (2) Baked Tater Tots Hot Dog on a Bun <i>Lucky Tray Day!!</i>	11 ½ Day Cereal Fun Lunch Cocoa Puffs Cereal, Strawberry/Banana Yogurt & String Cheese <i>Patriot Day</i>	12 Cheese Pizza Savory Green Beans Italian Meatball Sub	13 Pretzel w/Cheddar Cheese Sauce Boston Baked Beans Crispy Chicken Patty on a Bun
16 Chicken Nuggets (5) w/Honey Mustard Sauce & Herb Breadstick Boston Baked Beans Strawberry Parfait w/Granola	17 Macaroni & Cheese w/Warm Pretzel Savory Green Beans Bosco Breadsticks (2) w/Marinara Sauce <i>Constitution Day</i>	18 Beef Nachos w/Dinner Roll Seasoned Broccoli Crispy Chicken Patty on a Bun	19 Stuffed Crust Pepperoni Pizza Roasted Carrot Fries Chicken Tenders (3) w/Dinner Roll <i>Talk Like a Pirate Day</i>	20 Breaded Chicken Drumstick w/Cheddar Mashed Potatoes & Dinner Roll Seasoned Corn Corn Dog
23 Soft Beef Taco w/Shredded Lettuce, Fresh Diced Tomatoes & Salsa Seasoned Refried Beans Mini Corn Dog Nuggets (6) <i>First Day of Autumn</i>	24 Bacon Cheeseburger Oven Baked Curly Fries Chicken Nuggets (5) w/Dinner Roll	25 Chicken Nuggets (5) w/Honey Mustard Sauce & Dinner Roll Seasoned Peas Hot Dog on a Bun <i>Birthday Treat Day!!</i>	26 Cheese Pizza Savory Green Beans Italian Meatball Sub <i>Johnny Appleseed Day</i>	27 Bosco Breadsticks (2) w/Marinara Sauce Boston Baked Beans BBQ Riblet on a Bun
		Daily Alternates		
Ham & Turkey Chef Salad w/Cinnamon Goldfish Crackers	Peanut Butter & Strawberry Jam Uncrustable w/Cheddar Goldfish Crackers	Cereal Fun Lunch Cocoa Puffs Cereal, Strawberry/Banana Yogurt & String Cheese	Grapes, Cheese & Cracker Parfait	Turkey & Cheese Sub



POWERUP!

Free Breakfast Daily
 For All Students
 Student Lunch \$2.75
 Reduced Price \$.40
 Adult \$4.35
 Milk \$.50

A full student lunch includes a choice of entree supplying protein and grain,, two (2) vegetable side dishes, one (1) fruit side dish, and a choice milk

**Grades K-8 may take up to 3/4 cup of vegetables daily if desired.

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Double Chocolate Chip Muffin w/String Cheese Fresh Apple 1% or Skim Milk	Mini Blueberry Pancakes Apple Juice 1% or Skim Milk	Apple Cinnamon Nutrigrain Bar Banana 1% or Skim Milk	Sausage & Pancake on a Stick Orange Juice 1% or Skim Milk	Frosted Cinnamon Pop-Tart w/String Cheese Fresh Apple 1% or Skim Milk

Fresh Fruit & Vegetable Bar (Available Daily)

Monday	Tuesday	Wednesday	Thursday	Friday
Tossed Salad Fresh Baby Carrots Chilled Pineapple Chunks Assorted Fresh Fruit	Fresh Caesar Salad Sliced Cucumbers Fresh Orange Wedges Assorted Fresh Fruit	Tossed Salad Fresh Cherry Tomatoes Chilled Fruit Cocktail Assorted Fresh Fruit	Fresh Caesar Salad Fresh Broccoli Florets Chilled Peaches Assorted Fresh Fruit	Tossed Salad Fresh Celery Sticks Chilled Pears Assorted Fresh Fruit

Join us in the café during September's Power Your Performance theme focusing on foods that transform into energy and building blocks for our bodies. Learn how eating the right foods can help you perform at your best and stay ahead of the game. The better the food, the better the energy.

So Power Up & Keep Moving!

Comments or concerns please contact:
 Vicki Watson, DDS,
 (810) 395-3855 or vwatson@capacschools.us

Chartwells Food Service is currently accepting applications for substitute kitchen help. No nights, weekends or holidays and be off when your student(s) are off. Please contact the food service office at (810) 395-3855.