

Back to school

Menus for August/September 2022

Coatesville Area School District Elementary Schools

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

Monday, August 29

Breakfast

Blueberry Muffin
Assorted Craisins
100% Apple Juice
Milk Selection

Lunch

The Max Cheese Sticks w/
Marinara Dipping Sauce or
PBJ Uncrustable Meal or
YoGo Meal
Caesar Salad, Baby Carrots
Chilled Peaches
Milk Selection

Tuesday, August 30

Breakfast

Belgian Waffle
Assorted Craisins
100% Fruit Punch
Milk Selection

Lunch

Mega Minis Chicken Nuggets
or PBJ Uncrustable Meal
or Turkey & Cheese Wrap
Mashed Potatoes
Baby Carrots
Applesauce Cup
Milk Selection

Wednesday, August 31

Breakfast

Mini Cinnis
Assorted Craisins
100% Orange Juice
Milk Selection

Lunch

Cheeseburger or
PBJ Uncrustable Meal or
Pepperoni Pizza Munchable
Sweet Potato Fries
Sliced Cucumbers w/Ranch
Diced Pears
Milk Selection

Tuesday, September 6

Breakfast

Mini Confetti Pancakes
Assorted Craisins
100% Fruit Punch
Milk Selection

Lunch

Chicken Drumstick
w/Mini Biscuit or
PBJ Uncrustable Meal or
Chicken Caesar Wrap
Seasoned Corn, Applesauce
Celery Sticks w/Ranch
Milk Selection

Wednesday, Sept. 7

Breakfast

Apple Frudel
Assorted Craisins
100% Orange Juice
Milk Selection

Lunch

Hot Dog on a Roll or
PBJ Uncrustable Meal or
Pepperoni Pizza Munchable
Baked Beans
Sliced Cucumbers w/Ranch
Watermelon Wedge
Milk Selection

YOU'RE still GOOD™



ALL STUDENTS EAT ALL MEALS @ NO COST AGAIN THIS YEAR

COATESVILLE AREA SCHOOL
DISTRICT NUTRITION SERVICES



We're SO GLAD to see
you again! It's going to be a
GREAT YEAR!

Thursday, September 1

Breakfast

Mini French Toast
Assorted Craisins
100% Grape Juice
Milk Selection

Lunch

Top-N-Go Walking Tacos or
PBJ Uncrustable Meal or
Salad w/Turkey & Cheese,
WG Roll & Goldfish Crackers
Fiesta Black Beans
Celery Sticks w/Ranch
Apple Slices, Milk Selection

Friday, September 2

Breakfast

Mini Apple Breakfast Bites
Assorted Craisins
100% Apple Juice
Milk Selection

Lunch

Stuffed Crust Pizza or
PBJ Uncrustable Meal or
Bologna & Cheese on Wheat
Steamed Mixed Veggies
Garden Salad
Mandarin Oranges
Milk Selection

Thursday, September 8

Breakfast

Banana Bread
Assorted Craisins
100% Grape Juice
Milk Selection

Lunch

Ham, Egg & Cheese Bagel or
PBJ Uncrustable Meal or
Chef Salad w/WG Roll &
Goldfish Crackers
Tater Tots, Baby Carrots
Apple Slices
Milk Selection

Friday, September 9

Breakfast

WG Strawberry Pop Tarts
Assorted Craisins
100% Apple Juice
Milk Selection

Lunch

Deep Dish Personal Pizza or
PBJ Uncrustable Meal or
Bologna & Cheese on WG Roll
Garden Salad
Celery Sticks w/Ranch
Mandarin Oranges
Milk Selection



**NO SCHOOL
MONDAY,
SEPTEMBER 5**

Monday, September 12

Breakfast

Double Chocolate Chip Muffin
Assorted Craisins
100% Apple Juice
Milk Selection

Lunch

Toasted Cheese Sandwich or
PBJ Uncrustable Meal or
YoGo Meal
Caesar Salad, Baby Carrots
Tomato Soup
Chilled Peaches
Milk Selection

Tuesday, September 13

Breakfast

Belgian Waffle
Assorted Craisins
100% Fruit Punch
Milk Selection

Lunch

Chicken Patty Sandwich or
PBJ Uncrustable or
Ham & Cheese on Pretzel Bun
Oven Baked French Fries
Celery Sticks w/Ranch
Applesauce Cup
Milk Selection

Wednesday, Sept. 14

Breakfast

Mini Bagels w/Cinnamon
Cream Cheese
100% Orange Juice
Asst. Craisins, Milk Selection

Lunch

Rotini w/Meat Sauce
& Garlic Bread or
PBJ Uncrustable or
Pepperoni Pizza Munchable
Sliced Cucumbers w/Ranch
Steamed Broccoli, Diced Pears
Milk Selection

Thursday, September 15

Breakfast

Mini French Toast
Assorted Craisins
100% Grape Juice
Milk Selection

Lunch

Burrito Bowl w/Tortilla Chips
or PBJ Uncrustable Meal
or Salad w/Tuna Salad, WG
Roll & Goldfish Crackers
Fiesta Black Beans
Baby Carrots, Apple Slices
Milk Selection

Friday, September 16

Breakfast

Mini Apple Breakfast Bites
Assorted Craisins
100% Apple Juice
Milk Selection

Lunch

French Bread Cheese Pizza or
PBJ Uncrustable Meal or
Bologna & Cheese on Wheat
Caesar Salad
Celery Sticks w/Ranch
Mandarin Oranges
Milk Selection

**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!

Monday, September 19

Breakfast

Blueberry Muffin
Assorted Craisins
100% Apple Juice
Milk Selection

Lunch

The Max Cheese Sticks w/
Marinara Dipping Sauce or
PBJ Uncrustable Meal or
YoGo Meal
Caesar Salad, Baby Carrots
Chilled Peaches
Milk Selection

**Now serving: Protein,
Calcium and
...FIBER?!**



Flavored fat-free milk provides the same great calcium and protein as white milk – and chocolate milk even contains fiber! Eight ounces of flavored fat-free milk includes just 14 g of added sugar – that's about 60 calories – in addition to about 12 g of naturally occurring lactose sugar that comes straight from the cow. **N**o wonder national health groups ranging from the American Academy of Pediatrics to the American Dietetic Association all support low-fat and fat-free milk in schools, including flavored milk. Milk in schools is a crucial source of calcium and other key nutrients for kids -- and a fairly minimal source of sugar and calories.

Tuesday, September 20

Breakfast

Mini Confetti Pancakes
Assorted Craisins
100% Fruit Punch
Milk Selection

Lunch

Mega Minis Chicken Nuggets
or PBJ Uncrustable Meal
or Turkey & Cheese Wrap
Mashed Potatoes
Baby Carrots
Applesauce Cup
Milk Selection

Wednesday, Sept. 21

Breakfast

Cherry Frudel
Assorted Craisins
100% Orange Juice
Milk Selection

Lunch

~ EARLY DISMISSAL ~
NO LUNCH

Thursday, September 22

Breakfast

Banana Bread
Assorted Craisins
100% Grape Juice
Milk Selection

Lunch

Top-N-Go Walking Tacos or
PBJ Uncrustable Meal or
Salad w/Turkey & Cheese,
WG Roll & Goldfish Crackers
Fiesta Black Beans
Celery Sticks w/Ranch
Apple Slices, Milk Selection

Friday, September 23

Breakfast

WG Cinnamon Pop Tarts
Assorted Craisins
100% Apple Juice
Milk Selection

Lunch

Stuffed Crust Pizza or
PBJ Uncrustable Meal or
Bologna & Cheese on Wheat
Steamed Mixed Veggies
Garden Salad
Mandarin Oranges
Milk Selection

Monday, September 26

Breakfast

Double Chocolate Chip Muffin
Assorted Craisins
100% Apple Juice
Milk Selection

Lunch

Three Cheese Cavatappi w/
WG Roll or
PBJ Uncrustable or
YoGo Meal
Steamed Broccoli
Baby Carrots, Chilled Peaches
Milk Selection

Tuesday, September 27

Breakfast

Belgian Waffle
Assorted Craisins
100% Fruit Punch
Milk Selection

Lunch

Chicken Drumstick
w/Mini Biscuit or
PBJ Uncrustable Meal or
Chicken Caesar Wrap
Seasoned Corn, Applesauce
Celery Sticks w/Ranch
Milk Selection

Wednesday, Sept. 28

Breakfast

Mini Cinnis
Assorted Craisins
100% Orange Juice
Milk Selection

Lunch

Hot Dog on a Roll or
PBJ Uncrustable Meal or
Pepperoni Pizza Munchable
Baked Beans
Sliced Cucumbers w/Ranch
Watermelon Wedge
Milk Selection

Thursday, September 29

Breakfast

Mini French Toast
Assorted Craisins
100% Grape Juice
Milk Selection

Lunch

Ham, Egg & Cheese Bagel or
PBJ Uncrustable Meal or
Chef Salad w/WG Roll &
Goldfish Crackers
Tater Tots, Baby Carrots
Apple Slices
Milk Selection

Friday, September 30

Breakfast

Mini Apple Breakfast Bites
Assorted Craisins
100% Apple Juice
Milk Selection

Lunch

Deep Dish Personal Pizza or
PBJ Uncrustable Meal or
Bologna & Cheese on WG Roll
Garden Salad
Celery Sticks w/Ranch
Mandarin Oranges
Milk Selection