



2023

Elementary Schools Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheeseburger Sliders ^+@\$# PB&J Sandwich ^+!! Chips Seasonal Fresh Fruit & Veggies	2 UPSIDE DOWN DAY! Waffle Breakfast Bowl With Turkey Sausage%\$+^@ Homemade Grilled Cheese \$+^@ Seasonal Fresh Fruit & Veggies	3 Chicken Nuggets \$@^+ Tater Tots PB&J Sandwich ^+!! Chips Seasonal Fresh Fruit & Veggies	4 Nachos w/Cheese & Meat @\$^+# Tortilla Chips Homemade Grilled Cheese \$+^@ Seasonal Fresh Fruit & Veggies	5 PIZZA FRIDAY! Whole Grain Cheese Pizza ^+@\$@ Crispy Burrito \$+^@ D&J Cookie ^+@\$@ Seasonal Fresh Fruit & Veggies
8 Enchiladas \$+@ Bean & Cheese Burrito \$+^@ Seasonal Fresh Fruit & Veggies Choc Chip Cookie ^+\$\$%@	9 Turkey Hot Dog on Whole Wheat Bun ^+ Homemade Grilled Cheese \$+^@ Chips Seasonal Fresh Fruit & Veggies	10 Popcorn Chicken \$*^+ PB&J Sandwich ^+!! Chips Seasonal Fresh Fruit & Veggies	11 Hamburger on Whole Wheat Bun ^+@\$# Bean & Cheese Burrito \$+^@ Seasonal Fresh Fruit & Veggies Choc Chip Cookie ^+\$\$%@	12 PIZZA FRIDAY! Whole Grain Cheese Pizza ^+@\$@ PB&J Sandwich ^+!! D&J Cookie ^+@\$@ Seasonal Fresh Fruit & Veggies
15 Cheeseburger Sliders ^+@\$# Crispy Bean & Cheese Burrito \$+^@ Chips Seasonal Fresh Fruit & Veggies	16 UPSIDE DOWN DAY! Pancake Breakfast Bowl %\$+^ Homemade Grilled Cheese \$+^@ Seasonal Fresh Fruit & Veggies	17 Homemade Mac & Cheese @^+ PB&J Sandwich ^+!! Chips Seasonal Fresh Fruit & Veggies	18 Chicken Nuggets \$@^+ Tater Tots Homemade Grilled Cheese \$+^@ Chips Seasonal Fresh Fruit & Veggies	19 PIZZA FRIDAY! Whole Grain Cheese Pizza ^+@\$@ PB&J Sandwich ^+!! D&J Cookie ^+@\$@ Seasonal Fresh Fruit & Veggies
22 Popcorn Chicken \$*^+ Homemade Grilled Cheese \$+^@ Chips Seasonal Fresh Fruit & Veggies	23 Chicken Sandwich on Whole Wheat Bun %\$+^ Bean & Cheese Burrito \$+^@ Seasonal Fresh Fruit & Veggies	24 Turkey Double Dogs on Whole Wheat Bun \$+^+ PB&J Sandwich ^+!! Chips Seasonal Fresh Fruit & Veggies	25 Turkey Sandwich on Whole Wheat Bun ^+ Crispy Bean & Cheese Burrito \$+^@ Chips Seasonal Fresh Fruit & Veggies	26 PIZZA FRIDAY! Whole Grain Cheese Pizza ^+@\$@ PB&J Sandwich ^+!! Choc Chip Cookie ^+@\$% Seasonal Fresh Fruit & Veggies
29 NO SCHOOL	30 UPSIDE DOWN DAY! Waffle Breakfast Bowl With Turkey Sausage%\$+^@ Homemade Grilled Cheese \$+^@ Seasonal Fresh Fruit & Veggies	31 Chicken Nuggets \$@^+ Tater Tots PB&J Sandwich ^+!! Chips Seasonal Fresh Fruit & Veggies	MENU SUBJECT TO CHANGE	

**All lunches
Are served with
Fruit & Veggies
& Choice of
Milk**

**Milk \$1.00
Water \$1.00
Juice \$1.00**

- Peanuts!!
- Pork* Beef#
- Whey= Soy\$
- Corn> Wheat+
- Milk@ Gluten^
- Eggs% Fish

Aspen, Lang Ranch & Westlake Hills
Elementary schools are peanut free schools—
PB&J will always be replaced by peanut free
sandwich (Sunbutter or Soybutter)

Manage your student's lunch
account with
PayPal through Q parent connect
Or for more information visit our
website at
[www.conejousd.org/business/
ChildNutrition](http://www.conejousd.org/business/ChildNutrition)

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