

## Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Sausage Biscuit</li> <li>• WG Mini Donuts</li> <li>• Cereal</li> <li>• Pop Tarts</li> <li>• Muffins</li> <li>• Fresh Fruit or Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt and Parfait Bar</li> <li>• Banana Br.</li> <li>• Pop Tarts</li> <li>• Mini Donuts</li> <li>• Fresh Fruit or Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Biscuit</li> <li>• WG Mini Donuts</li> <li>• Pop Tarts</li> <li>• Muffins</li> <li>• Cereal</li> <li>• Fresh Fruit or Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Biscuit and Eggs w/Country Gravy</li> <li>• WG Mini Donuts</li> <li>• Pop Tarts</li> <li>• Muffins</li> <li>• Fresh Fruit or Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Hot Ham &amp; Cheese Bagel</li> <li>• WG Mini Donuts</li> <li>• Cereal</li> <li>• Pop Tarts</li> <li>• Muffins</li> <li>• Fresh Fruit or Juice</li> </ul>
<ul style="list-style-type: none"> <li>• Sausage Pancake on Stick</li> <li>• WG Mini Donuts</li> <li>• Pop Tarts</li> <li>• Muffins</li> <li>• Cereal</li> <li>• Fresh Fruit</li> <li>• Juice, Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal Bar</li> <li>• Banana Bread</li> <li>• WG Mini Donuts</li> <li>• Pop Tarts</li> <li>• Muffins</li> <li>• Cereal</li> <li>• Fresh Fruit</li> <li>• Juice, Milk</li> </ul>	<ul style="list-style-type: none"> <li>• French Toast Sticks/syrup</li> <li>• WG Mini Donuts</li> <li>• Pop Tarts</li> <li>• Muffins</li> <li>• Cereal</li> <li>• Fresh Fruit Bites</li> <li>• Juice, Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Sausage Egg Biscuit</li> <li>• WG Mini Donuts</li> <li>• Pop Tarts</li> <li>• Muffins</li> <li>• Cereal</li> <li>• Banana</li> <li>• Juice, Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Pizza Stick</li> <li>• WG Mini Donuts</li> <li>• Pop Tarts</li> <li>• Muffins</li> <li>• Cereal</li> <li>• Sliced Oranges</li> <li>• Juice, Milk</li> </ul>

### Celebrations

- National School Lunch Week: October 8-12
- Breakfast for Lunch: March 6
- Goblins in the Kitchen: October 31, Ice Cream Treat w/meal
- Thanksgiving Dinner: November 14
- Holiday Dinner: December 5
- National School Breakfast Week: March 4-8
- March 7: Breakfast for Lunch
- Derby Party: May 3

Pre-payments to Lunchbox meal accounts can be made in each school cafeteria or by accessing mySchoolBucks.com.

YOU CAN ALSO SEE MENUS USING Mealveiwier.com or with your smart phone Using the mealveiwier APP.

Money may NOT be taken out of a student account without a note of approval from a parent. Parents who do not want their student to purchase extra food items must send a written request to the school Nutrition Services Manager for the

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account to be flagged “no extras allowed”.

Families needing assistance with the cost of student meals must fill out a new Family Application each year. The application is included in student information packets at each school and posted to the web site. Information packets at each school and posted to the web site.

PARENTS ARE RESPONSIBLE FOR THE COST OF MEALS UNTIL THE 2018/2019 APPLICATION IS PROCESSED!!!!

### Charge Policy

Students and adults may not charge meals or ala carte items (Board Policy 07.1.).

### Students with Special Dietary Needs

Students with special dietary needs must have a doctor’s statement on file with their school Nutrition Services Manager.

Mike Sallee

Nutrition Services Coordinator  
634 North Mulberry  
Elizabethtown, KY 42701  
270-766-1231

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# ELIZABETHTOWN HIGH SCHOOL VALLEY VIEW EDUCATIONAL CENTER



## THE PANTHER FEEDING GROUND

## Breakfast and Lunch Cycle Menu

### 2018-2019

**Heather Young**  
Manager

**Katie Campbell**  
Asst. Manager

## 766-1037

Go to the Nutrition Services page of the EIS web site [www.etown.kyschool.us](http://www.etown.kyschool.us) for mySchool Bucks, menus, menu analysis and program information.

# Elizabethtown Independent Schools

## Nutrition Services



### Breakfast and Lunch Prices



2018-2019

## Monday      Tuesday      Wednesday      Thursday      Friday

Lunch Week 1

- Delicious Krispy Chicken on a WW Bun.
- Grilled Cheese Sandwich
- Deli Ham & Cheese Sub
- Double PBJ
- Fresh Greens and Sliced Tomatoes
- Tomato Soup
- Diced Pears
- Apple Basket
- Peas and Carrots

- Homemade Chili w/meat sauce w/Texas Toast
- Mini Corn Dogs
- Oven Roasted Turkey & Cheese Sub
- Double PBJ
- Texas Toast
- Seasoned Potato Wedges
- Italian Blend Salad
- **Baked Potato**

- Mandarin Orange Chicken w/ roll
- General TSO Chicken
- Turkey Bacon Wrap
- Double PBJ
- Brown Rice
- Stir Fry Veg.
- Mand. Salad
- Chilled Pineapple

- Burrito Bar Taco meat and chicken
- Black Beans Mexico Rice
- Chicken Wrap
- Double PBJ
- Fiesta Salad
- Refried Beans
- Salsa
- Sweet Peaches & Berries

- Italian Beef Pepperoni Calzone
- Cheesy Bosco Sticks
- Double PBJ
- Marinara
- Sweet Tater Fries
- Crisp Garden Salad
- Mandarin Oranges

Lunch Week 2

- Meatball Sub
- Philly Cheese Steak Sub
- Deli Ham & Cheese Sub
- Double PBJ
- Tater Tots
- Mand. Oranges
- Mixed Green Salad

- Cheese Quesadillas
- Chicken Chili Crisпитos
- Oven Roasted Turkey & Cheese Sub
- Double PBJ
- Sweet Corn
- Rainbow Veggies
- Salsa
- Applesauce Cup
- Fresh Fruit Bites

- Boneless Chicken Tenders w/ Roll
- Spicy Boneless Chicken wing w/ Roll
- Turkey Bacon Wrap
- Double PBJ
- Whipped Potatoes Seasoned
- Green Beans
- Chilled Pineapple
- Banana

- Hot & Spicy Chicken on Whole Grain Bun
- Hamburger on Whole Grain Bun
- Chicken Tender Wrap
- Double PBJ
- Fresh Greens and Sliced Tomatoes
- Baked Fries
- Baked Beans
- Sweet Peaches & Berries
- Orange Wedges

- Individual Cheese Pizza
- Individual Pepperoni Pizza
- Double PBJ
- Baby Carrots
- Tomato Nuggets
- Garden Salad
- Diced Pears

Breakfast Pricing

Students, Full Pay	\$1.25
Students, Reduced	\$ .30
Adult	\$2.50

Ala Carte

Entrée	\$1.00
Sides	\$ .50
Milk, Juice	\$ .30
Other Beverages	\$1.00 - \$1.25

Lunch Pricing

Students, Full Pay	\$2.25
Students, Reduced	\$ .40
Adults	\$3.50

Ala Carte

Entrée	\$1.75
Sides	\$ .50
Fries/Wedges/Tots	\$1.00
Rolls	\$ .25
Condiments Packets	\$ .10
Condiment Cups	\$ .25
Snack Rack Items	\$ .75
Other Beverages (Lunch)	\$1.00 - \$1.25

ALL menus include a choice of Ice Cold Fat Free White or Chocolate Milk, we also offer Lactose free Milk

\* Items in **BOLD** are seasonal

**AUGUST**

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	<b>8</b>	<b>9</b>	<b>10</b>	11
12	13	14	15	16	17	18
19	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	25
26	27	28	29	30	31	

**SEPTEMBER**

S	M	T	W	T	F	S
						1
2	3	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	8
9	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	15
16	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	22
23/31	24	25	26	27	28	29

**OCTOBER**

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	13
14	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	20
21	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	27
28	<b>29</b>	<b>30</b>	<b>31</b>			

**NOVEMBER**

S	M	T	W	T	F	S
				1	2	3
4	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	10
11	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	17
18	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	24
25	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	

**DECEMBER**

S	M	T	W	T	F	S
						1
2	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	8
9	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

**JANUARY**

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	19
20	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	26
27	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		

**FEBRUARY**

S	M	T	W	T	F	S
					1	2
3	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	9
10	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	16
17	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	23
24	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>		

**MARCH**

S	M	T	W	T	F	S
					1	2
3	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	9
10	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	16
17	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	23
24/31	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	30

**APRIL**

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	13
14	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	20
21	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	27
28	<b>29</b>	<b>30</b>				

**MAY**

S	M	T	W	T	F	S
				1	2	3
4	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	10
11	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	17
18	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	24
25	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	31