

Elizabethtown Nutrition Services
634 North Mulberry, Elizabethtown, KY 42701
Mike Sallee, Coordinator
mike.sallee@etown.kyschools.us
270-766-1231



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



Even though the meals are at no cost to the students they may still **BUY ALA CARTE ITEMS AND EXTRAS.** 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 account to be flagged "no extras allowed".



ADULT CHARGE POLICY-Adults may not charge meals or ala carte items. (Board Policy 07.1). Each week we use email, One Call and/or printed bills to collect meal charges. Prompt payment is appreciated.

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



Families must fill out the Green Household Income Form since Helmwood elementary is serving breakfast and lunch at no cost.

YOU CAN ALSO LOOK AT THE MENUS ON mealviewer.com Or on you smart phone with the Mealviewer App.

USDA is an equal opportunity provider and employer.

ELIZABETHTOWN NUTRITION SERVICES

Helmwood Heights



Panther "Yum Yum"

**Nutritious Meals
Healthy Students
Bright Future!**

2018-2019

Go to the Nutrition Services page of the EIS website
www.etown.kyschools.us
for mySchool Bucks on-line payment system, menus, menu analysis
and program information.

Nutrition Services Manager – Carolyn Rawlings
Assistant Manager – Karyn Duperron

270-769-3238

Elizabethtown Independent Schools Nutrition Services

 Breakfast and Lunch Prices 
2018-2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Week 1	<ul style="list-style-type: none"> •WG Donuts •Crunchmania •Whole Grain Cereal, Grahams •Chilled Pears •Juice, Milk 	<ul style="list-style-type: none"> •Bacon/Egg&Ch. • Biscuit •Mini Pancakes •Whole Grain •Cereal, •Applesauce 	<ul style="list-style-type: none"> •Pancake & Sausage on a Stick •Cinnamon Bun •Whole Grain Cereal, Grahams • Orange Slices • Juice, Milk 	<ul style="list-style-type: none"> •Mini Cini •Banana Bread •Whole Grain Cereal, Grahams •Banana •Juice, Milk 	<ul style="list-style-type: none"> •Pop Tart Friday • Chocolate Muffin, Gripz • Whole Grain Cereal, • Fresh Fruit Cup • Juice, Milk
Breakfast Week 2	<ul style="list-style-type: none"> •Variety Cereal Bars •WG Donuts Cereal, Grahams •Chilled Peaches •Juice, Milk 	<ul style="list-style-type: none"> •Stuffed Breadstick •Cinnamon Bun • Whole Grain Cereal, Grahams • Applesauce • Juice, Milk 	<ul style="list-style-type: none"> •French Toast Sticks •Trix Yogurt/Gripz •Whole Grain Cereal, Grahams •Orange Slices •Juice, Milk 	<ul style="list-style-type: none"> •Sausage Biscuit •PB Jamwich •Whole Grain Cereal, Grahams •Banana •Juice, Milk 	<ul style="list-style-type: none"> •Pop Tart Friday •Glazed Donuts •Whole Grain Cereal, Gripz •Fresh Fruit Cup •Juice, Milk
Lunch Week 1	<ul style="list-style-type: none"> •Whole Grain Chicken Nuggets •Hot Dog on Bun •Sweet Peas & Carrots •Baked Beans •Chilled Applesauce •Choc. Chip Cookie 	<ul style="list-style-type: none"> •Hamburger on Whole Wheat Bun •Fish Nuggets - 4 •Tater Wedges •Sweet Slaw •Fresh Fruit Bites 	<ul style="list-style-type: none"> •Chili Crispito •Cheese Quesadilla • Golden Corn •Fiesta Salad •Salsa •Sweet Peaches w/ Berries 	<ul style="list-style-type: none"> •Chicken Drumstick w/biscuit •Double Jamwich •Mashed Potatoes •Green Beans •Fresh Apple Slices 	<ul style="list-style-type: none"> •Cheesy Bread Sticks w/Maranara Sause •Round Pepp Pizza •Winter Blend •Fresh Garden Salad •Mandarin Oranges
Lunch Week 2	<ul style="list-style-type: none"> •Beef Taco Scoops Fajita Chicken •Salsa Cup •Grilled Cheese •Sweet Corn Refried Beans •Diced Pears 	<ul style="list-style-type: none"> •Crispy Chicken on Bun •Ham & Cheese sandwich •Mac and Cheese, •Honey Carrots •Rainbow Veggies •Sweet Peaches 	<ul style="list-style-type: none"> •Spaghetti &Meat Sauce •Texas Toast •Homemade Chili •Yogurt Munch •Peas •Garden Salad •Fresh Fruit Bites 	<ul style="list-style-type: none"> •Mandarin Chicken w/Brown Rice •Corn Dog •Steamed Broccoli •Carrot & Celery Sticks •Mini Pineapples 	<ul style="list-style-type: none"> •Round Cheese Pizza •Pepperoni Calzone •California Blend •Mandarin Romaine Salad •Fresh Grapes

<u>Lunch Prices</u>	<u>Daily</u>
Students,	Free
Adults	\$3.50
<u>Breakfast Prices</u>	<u>Daily</u>
Students,	Free
Adults	\$2.50

ALL menus include a choice of Ice Cold Fat Free White or Chocolate Milk

Lunch:
Choose 3.....No Less!
Choose all 5.....That's Best!
Breakfast:
Choose 3 or 4....For classroom success and energy galore!

- Celebrations
- National School Lunch Week: October 8-12
 - Goblins in the Kitchen: October 31st
 - Thanksgiving Dinner: November 14th
 - Holiday Dinner: December 5th
 - National School Breakfast: March 4-8
 - Breakfast for Lunch: March 6th

* Items in **BOLD** are seasonal

AUGUST							SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER											
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S					
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5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8					
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15					
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22					
26	27	28	29	30	31		23/31	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30		23/30	24/31	25	26	27	28	29					
JANUARY							FEBRUARY							MARCH							APRIL							MAY											
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S					
		1	2	3	4	5					1	2					1	2							1							1				1	2	3	4
6	7	8	9	10	11	12	3	4	5	6	7	8	9	3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11					
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27	28	29	30	31			24	25	26	27	28			24/31	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31						