

Deer Lakes School District  
ELEMENTARY K-5 MENU

**August-September  
Menu**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER  
MENUS SUBJECT TO CHANGE

**ALTERNATIVE OPTIONS  
AVAILABLE DAILY**

ALTERNATIVE ENTREES

- Italian Hoagie
- Peanut Butter and Jelly Sandwich
- Chef's Salad

CHOICE OF MILK/JUICE

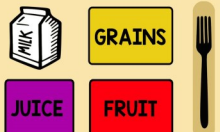
- Fat Free, 1% White, 1% Chocolate
- 1% Strawberry, & 1% Vanilla
- 100% Assorted Fruit Juice

BREAKFAST

- Assorted Cereal, Pop Tarts, Muffins, Muffin  
Tops

**What Makes A  
BREAKFAST**

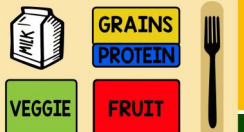
SELECT 3 ITEMS:



one must be a  
**FRUIT** or **JUICE**

**What Makes A  
LUNCH**

SELECT 3-5 ITEMS:



one must be a  
**FRUIT** or **VEGGIE**



**PRFSD**  
Pittsburgh Regional Food Service Directors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>DEER LAKES SCHOOL DISTRICT</p> <p><b>FREE BREAKFAST FOR ALL STUDENTS</b></p> <p>REGARDLESS OF ELIGIBILITY FOR THE 2023-2024 SCHOOL YEAR</p>		<p><b>Aug 23<sup>st</sup></b></p> <p><b>Breakfast</b> WG Dutch Waffle Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Maxx Sticks Steamed Carrots Tater Tots Assorted Fruit Choice of Vegetable</p>	<p><b>Aug 24<sup>th</sup></b></p> <p><b>Breakfast</b> WG Breakfast Pizza Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Whole Grain Pancake Sausage on a Stick Hashbrowns Assorted Fruit Choice of Vegetable</p>	<p><b>Aug 25<sup>th</sup></b></p> <p><b>Breakfast</b> Homemade Donuts Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> <b>Homemade Plain Pizza</b> Mixed Vegetables Assorted Fruit Choice of Vegetable</p>

Aug 28 <sup>th</sup>	Aug 29 <sup>th</sup>	Aug 30 <sup>th</sup>	Aug 31 <sup>st</sup>	Sept. 1 <sup>st</sup>
<p><b>Breakfast</b> Fresh Smoothies Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Grilled Cheese Sandwich w/ Tomato Soup Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> Breakfast Sandwich Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Chicken Quesadillas w/ Sour Cream and Salsa Steamed Corn Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> WG Dutch Waffle Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Chicken &amp; Biscuits Mashed Potatoes w/ Gravy Peas and Carrots Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> WG Breakfast Pizza Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Hot Ham and Cheese on a Pretzel Bun Potato Wedges Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> Homemade Donuts Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> <b>Homemade Plain Pizza</b> Mixed Vegetables Assorted Fruit Choice of Vegetable</p>

Sept. 4 <sup>th</sup>	Sept. 5 <sup>th</sup>	Sept. 6 <sup>th</sup>	Sept. 7 <sup>th</sup>	Sept. 8 <sup>th</sup>
	<p><b>Breakfast</b> Breakfast Sandwich Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Fajita Chicken Bowl w/ Corn and Black Beans Steamed Rice Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> WG Dutch Waffle Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Hot Dog on a Bun French Fries Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> WG Breakfast Pizza Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Pasta w/ Alfredo Sauce Fresh Bread Stick Steamed Green Beans Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> Homemade Donuts Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> <b>Homemade Plain Pizza</b> Mixed Vegetables Assorted Fruit Choice of Vegetable</p>

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Peanut Butter and Jelly Sandwich  
Chef's Salad*

CHOICE OF MILK/JUICE

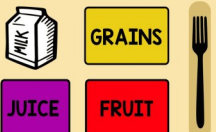
*Fat Free, 1% White, 1% Chocolate  
1% Strawberry, & 1% Vanilla  
100% Assorted Fruit Juice*

BREAKFAST

*Assorted Cereal, Pop Tarts, Muffins, Muffin  
Tops*

**What Makes A  
BREAKFAST**

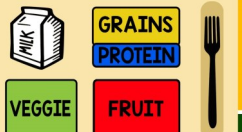
**SELECT 3 ITEMS:**



one must be a  
**FRUIT** or **JUICE**

**What Makes A  
LUNCH**

**SELECT 3-5 ITEMS:**



one must be a  
**FRUIT** or **VEGGIE**



**PRFSD**  
Pittsburgh Regional Food Service Directors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sept. 11 <sup>th</sup>	Sept. 12 <sup>th</sup>	Sept. 13 <sup>th</sup>	Sept. 14 <sup>th</sup>	Sept. 15 <sup>th</sup>
<p><b>Breakfast</b> Fresh Smoothies Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Bacon Cheeseburger Steamed Broccoli Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> Breakfast Sandwich Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> <b>Breakfast for Lunch!!!</b> French Toast Sicks w/ Hashbrowns and Sausage Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> WG Dutch Waffle Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Pulled Pork Sandwich w/ Onion Rings Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> WG Breakfast Pizza Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Lancer Bowl Mashed Potatoes &amp; Gravy w/ Steamed Corn Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> Homemade Donuts Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> <b>Homemade Plain Pizza</b> Mixed Vegetables Assorted Fruit Choice of Vegetable</p>
Sept. 18 <sup>th</sup>	Sept. 19 <sup>th</sup>	Sept. 20 <sup>th</sup>	Sept. 21 <sup>st</sup>	Sept. 22 <sup>nd</sup>
<p><b>Breakfast</b> Fresh Smoothies Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Bosco Sticks w/ Marinara Sauce Shredded Hashbrowns Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> Breakfast Sandwich Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> .Potato Bar Steamed Broccoli Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> WG Dutch Waffle Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Super Nachos w/ Beef and Cheese Spiral Fries Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> WG Breakfast Pizza Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Orange Kissed Chicken Bowl Stir Fry Vegetables Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> Homemade Donuts Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> <b>Homemade Plain Pizza</b> Mixed Vegetables Assorted Fruit Choice of Vegetable</p>
Sept. 25 <sup>th</sup>	Sept. 26 <sup>th</sup>	Sept. 27 <sup>th</sup>	Sept. 28 <sup>th</sup>	Sept. 29 <sup>th</sup>
<p><b>Breakfast</b> Fresh Smoothies Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Boneless Wings Steamed Broccoli Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> Breakfast Sandwich Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Lancer Bowl Mashed Potatoes w/ Corn Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> WG Dutch Waffle Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Mac N' Cheese w/ Breadstick Green Beans Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> WG Breakfast Pizza Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Steak and Cheese Hoagie Spiral Fries Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> Homemade Donuts Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> <b>Homemade Plain Pizza</b> Mixed Vegetables Assorted Fruit Choice of Vegetable</p>