

## Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• French Toast Sticks</li> <li>• Whole Grain Cereal Variety Poptarts</li> <li>• Fruit Juice, Milk</li> <li>• Apple Slices</li> </ul>	<ul style="list-style-type: none"> <li>• Sausage Biscuit</li> <li>• Whole Grain Cereal, Goldfish Grahams</li> <li>• Tiny Oranges</li> <li>• Fruit Juice, Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Mini Pancakes</li> <li>• Variety Poptart</li> <li>• Whole Grain Cereal, Goldfish Grahams</li> <li>• Peaches</li> <li>• Fruit Juice, Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Mini Cini Rolls</li> <li>• Whole Grain Cereal, Variety Poptart</li> <li>• Applesauce</li> <li>• Fruit Juice, Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WG Mini Donuts</li> <li>• Pop Tarts</li> <li>• Whole Grain Cereal, Goldfish Grahams</li> <li>• Pears</li> <li>• Fruit Juice, Milk</li> </ul>
<ul style="list-style-type: none"> <li>• Yogurt W/ Honey Grahams Poptarts</li> <li>• Whole Grain Cereal, Gripz</li> <li>• Apple Slices</li> <li>• Fruit Juice, Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Cinnamon Bun</li> <li>• Banana Bread</li> <li>• WG Cereal</li> <li>• Variety Poptart</li> <li>• Goldfish Grahams</li> <li>• Fresh Fruit</li> <li>• Fruit Juice, Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Biscuit</li> <li>• Whole Grain Cereal, Goldfish Grahams</li> <li>• Monkey Fruit</li> <li>• Variety Poptart</li> <li>• Fruit Juice, Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Sausage Patty w/Eggs-Biscuit</li> <li>• WG Cereal</li> <li>• Goldfish Grahams</li> <li>• Variety Poptart</li> <li>• Applesauce</li> <li>• Fruit Juice, Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WG Mini Donuts</li> <li>• Variety Pop Tarts</li> <li>• Whole Grain Cereal, Goldfish Grahams</li> <li>• Pears</li> <li>• Fruit Juice, Milk</li> </ul>

### Elizabethtown Nutrition Services

634 North Mulberry, Elizabethtown, KY 42701

Mike Sallee, Coordinator

[mike.sallee@etown.kyschools.us](mailto: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](http://mySchoolBucks.com).



LUNCHBOX STUDENT MEAL ACCOUNTS ARE CONFIDENTIAL. Money may NOT be taken out of a student account without a note of approval from a parent.

**YOU CAN ALSO VIEW THE MENUS WITH OUR [mealviewer.com](http://mealviewer.com) website. Or use your smart phone to download the Mealviewer app.**



Panther Academy Students will be served a Breakfast and Lunch at no cost. Extras are available but must be paid for.

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 Panther Academy is serving breakfast and lunch at no cost for our students.**

USDA is an equal opportunity provider and employer.

# ELIZABETHTOWN NUTRITION SERVICES

## Panther Academy Little Paws



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](http://www.etown.kyschools.us)

for mySchool Bucks on-line payment system, menus, menu analysis and program information.

Sharon Allen- Manager

270-765-3041

# Elizabethtown Independent Schools Nutrition Services

## Breakfast and Lunch Prices 2018 - 2019

### Lunch Prices

Students, Full Pay  
Students, Reduced Pay  
Adults

### Daily

No Charge  
No Charge  
\$3.50

### Breakfast Prices

Students, Full Pay  
Students, Reduced Pay  
Adults

### Daily

No Charge  
No Charge  
\$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

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Week 1	<ul style="list-style-type: none"> <li>• Homemade Mac &amp; Cheese</li> <li>• Broccoli Trees</li> <li>• Mandarin Salad</li> <li>• Mini Biscuit</li> <li>• Itty Bitty Oranges</li> </ul>	<ul style="list-style-type: none"> <li>• Popcorn Chicken</li> <li>• WG Roll</li> <li>• Honey Carrots</li> <li>• Broc &amp; Cauliflower</li> <li>• Peaches</li> <li>• Bug Bites</li> </ul>	<ul style="list-style-type: none"> <li>• Eggo Mini Waffles</li> <li>• Sausage Links</li> <li>• Tater Tots</li> <li>• Baked Apples</li> <li>• Ice Cold Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Crispy Chicken Rings</li> <li>• Potato Smiles</li> <li>• Carrots &amp; Celery</li> <li>• Pears w/ Cherry On Top</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Garden Salad</li> <li>• Buttery Corn</li> <li>• Apple Slices</li> </ul>
Lunch Week 2	<ul style="list-style-type: none"> <li>• Whole Grain Chicken Nuggets</li> <li>• Mashed Potatoes</li> <li>• Green Beans</li> <li>• Pineapple Cup</li> </ul>	<ul style="list-style-type: none"> <li>• Pasta With Meat Sauce - Chili</li> <li>• Peas &amp; Carrots</li> <li>• Garlic Bread</li> <li>• Garden Salad</li> <li>• Orange Smiles</li> <li>• Chocolate Chip Cookie</li> </ul>	<ul style="list-style-type: none"> <li>• Bosco Ch. Sticks</li> <li>• Carrot and Celery Sticks</li> <li>• Vegetable Soup</li> <li>• Pears w/Cherry on Top</li> </ul>	<ul style="list-style-type: none"> <li>• Panther Burger</li> <li>• Baked Fries</li> <li>• Lettuce &amp; Tomato</li> <li>• Sunshine Peach Cup</li> </ul>	<ul style="list-style-type: none"> <li>• Mini Corn Dogs</li> <li>• Baked Beans</li> <li>• Baby Carrots</li> <li>• Tomato Nugget</li> <li>• Apple Slices</li> </ul>
Lunch Week 3	<ul style="list-style-type: none"> <li>• Round Pizza</li> <li>• Veggie Bites</li> <li>• Buttery Corn</li> <li>• Itty Bitty Oranges</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Drumstick</li> <li>• Mashed Potatoes</li> <li>• Green Beans</li> <li>• Peaches</li> <li>• Dinner Roll</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Taco</li> <li>• WG Tortilla</li> <li>• Black Beans</li> <li>• Fiesta Salad</li> <li>• Monkey Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Tenders</li> <li>• Baked Fries</li> <li>• Baby Carrots</li> <li>• Pineapple Cup</li> </ul>	<ul style="list-style-type: none"> <li>• Fish Nuggets</li> <li>• Tater Tots</li> <li>• Carrot Sticks</li> <li>• Celery Sticks</li> <li>• Apple Slices</li> </ul>
Lunch Week 4	<ul style="list-style-type: none"> <li>• Chili Crispito</li> <li>• Fresh Peas</li> <li>• Baby Carrots</li> <li>• Pears w/ Cherry on Top</li> <li>• Chocolate Chip Cookie</li> </ul>	<ul style="list-style-type: none"> <li>• Mandarin Orange Chicken</li> <li>• Steamed Broccoli</li> <li>• Brown Rice</li> <li>• Pineapple Cup</li> <li>• Carrot Sticks</li> <li>• Celery Sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Toasted Cheese Sandwich</li> <li>• Fresh Veggies</li> <li>• Tomato Soup</li> <li>• Peach Cup</li> </ul>	<ul style="list-style-type: none"> <li>• Crispy Chicken on Bun</li> <li>• Lettuce and Tomatoes</li> <li>• Potato Smiles</li> <li>• Cinnamon Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Quesadilla</li> <li>• Garden Salad</li> <li>• Refried Beans</li> <li>• Orange Smiles</li> </ul>

### AUGUST

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

### SEPTEMBER

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

### OCTOBER

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

### NOVEMBER

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

### DECEMBER

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

### FEBRUARY

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

### MARCH

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

### APRIL

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

### MAY

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