

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](http://mySchoolBucks.com).



Even though the meals are at no cost for our students they may still **BUY A LA CARTE ITEMS AND EXTRAS.**

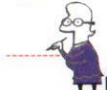
Parents who do not want their student to purchase extra food items must send a written request to the school Nutrition Services Manager for the account to be flagged "no extras allowed".



**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 TK Stone is serving breakfast and lunch at no cost for our students.

**YOU CAN ALSO ACCESS THE MENUS ON [mealviewer.com](http://mealviewer.com) or on your smart phone with the Mealviewer app.**

*USDA is an equal opportunity provider and employer.*

# ELIZABETHTOWN NUTRITION SERVICES

Morningside & T.K. Stone



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.

Nutrition Services Manager – Karen Keith  
Assistant Manager – Kathy Casey

270-769-5529



# Elizabethtown Independent Schools Nutrition Services

 Breakfast and Lunch Prices   
2018-2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Week 1</b>	<ul style="list-style-type: none"> <li>•Cr. Cheese Bagels</li> <li>•WG Cereal Bar</li> <li>•Whole Grain Cereal, Grahams</li> <li>•Peaches</li> <li>•Juice, Milk</li> </ul>	<ul style="list-style-type: none"> <li>•Loaded Breakfast Pizza</li> <li>*PB Jamwich</li> <li>•Whole Grain Cereal, Grahams</li> <li>•Chilled Pears</li> </ul>	<ul style="list-style-type: none"> <li>•Pancake &amp; Sausage on Stick</li> <li>•Mini Pancakes</li> <li><small>•Whole Grain Cereal, Grahams</small></li> <li>•Orange Slices</li> <li>•Juice, Milk</li> </ul>	<ul style="list-style-type: none"> <li>•Sausage Biscuit</li> <li>•Banana Bread</li> <li>•Whole Grain Cereal, Grahams</li> <li>•Banana</li> <li>•Juice, Milk</li> </ul>	<ul style="list-style-type: none"> <li>•Pop Tart Friday</li> <li>•WG Muffins</li> <li>Gripz</li> <li><small>•Whole Grain Cereal,</small></li> <li>•Fresh Fruit Cup</li> <li>•Juice, Milk</li> </ul>
<b>Breakfast Week 2</b>	<ul style="list-style-type: none"> <li>•Stuffed Breadstick</li> <li>•WG Cereal Bar</li> <li>•Whole Grain Cereal, Grahams</li> <li>•Chilled Peaches</li> <li>•Juice, Milk</li> </ul>	<ul style="list-style-type: none"> <li>•Hot Ham &amp; Cheese Pocket</li> <li>•WG Donuts</li> <li><small>•Whole Grain Cereal, Grahams</small></li> <li>•Applesauce</li> <li>•Juice, Milk</li> </ul>	<ul style="list-style-type: none"> <li>•Fr. Toast Sticks</li> <li>•PB Jamwich</li> <li>•Whole Grain Cereal, Grahams</li> <li>•Orange Slices</li> <li>•Juice, Milk</li> </ul>	<ul style="list-style-type: none"> <li>•Bacon, Egg, Cheese Biscuit</li> <li>•Cinnamon Swirls</li> <li>•Whole Grain Cereal, Grahams</li> <li>•Banana</li> </ul>	<ul style="list-style-type: none"> <li>•Pop Tart Friday</li> <li>•WG Muffin, Gripz</li> <li><small>•Whole Grain Cereal, Gripz</small></li> <li>•Fresh Fruit Cup</li> <li>•Juice, Milk</li> </ul>
<b>Lunch Week 1</b>	<ul style="list-style-type: none"> <li>•Hamburger</li> <li>•Grilled Cheese</li> <li>•Baked Fries</li> <li>•Peas &amp; Carrots</li> <li>•Chilled Pears</li> <li><b>•Tomato Soup</b></li> </ul>	<ul style="list-style-type: none"> <li>•Chicken Drumstick</li> <li>•Corn Dog</li> <li>•Mac &amp; Cheese</li> <li>•Broccoli</li> <li>•Fresh Veggies</li> <li>•Fresh Apple Slices</li> </ul>	<ul style="list-style-type: none"> <li>•Chili Crispito</li> <li>•Cheese Quesadilla</li> <li>•Fiesta Salad</li> <li>•Refried Beans</li> <li>•Fresh Corn</li> <li>•Sweet Peaches</li> <li><b>Beef Burrito TK Only</b></li> </ul>	<ul style="list-style-type: none"> <li>•Chicken Tenders</li> <li>•Mini Biscuit</li> <li>•Fish Nuggets</li> <li>•Mashed Potatoes</li> <li>•Green Beans</li> <li>•Fresh Fruit Bites</li> </ul>	<ul style="list-style-type: none"> <li>•Cheesy Bosco Sticks</li> <li>•Pepperoni Pizza</li> <li>•Tangy Marinara Sauce</li> <li>•Winter Blend</li> <li>•Fresh Garden Salad</li> <li>•Mandarin Oranges</li> </ul>
<b>Lunch Week 2</b>	<ul style="list-style-type: none"> <li>•Chicken Nuggets</li> <li>•Mini Corn Dogs</li> <li>•Baked Beans</li> <li>•Potato Wedges</li> <li>•Chilly Applesauce</li> <li>•Choc. Chip Cookie</li> </ul>	<ul style="list-style-type: none"> <li>•Crispy Chicken on Whole Grain Bun</li> <li>•Ham n Cheese Sandwich</li> <li>•Fresh Greens, Sliced Tomatoes</li> <li>•Honey Carrots</li> <li>•Pinto Beans</li> <li>•Fresh Apple Basket</li> </ul>	<ul style="list-style-type: none"> <li>•Rotini Pasta/Meat Sauce</li> <li>•Yogurt Munchable</li> <li>*Rainbow Veggies</li> <li>•Mixed Salad</li> <li>•Texas Toast</li> <li>•Sweet Peaches</li> <li><b>*Homemade Chili/ Seasonal</b></li> </ul>	<ul style="list-style-type: none"> <li>•Mandarin Orange Chicken w/Brown Rice</li> <li>•Double Jamwich</li> <li>•Steamed Broccoli</li> <li>•Carrots</li> <li>•Celery</li> <li>•Dinner Roll</li> <li>•Mini Pineapples</li> </ul>	<ul style="list-style-type: none"> <li>•Italian Pepperoni Calzone</li> <li>•Cheese Pizza</li> <li>•California Blend</li> <li>•Mandarin Romaine Salad</li> <li>•Fresh Fruit Basket</li> </ul>

Lunch Prices  
Students

Daily  
Free

Adults

\$3.50

Breakfast Prices  
Students

Daily  
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!

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 & T.K. only**

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

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18	19	20	21	22	23	24
25	26	27	28	29	30	

DECEMBER

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						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
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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
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17	18	19	20	21	22	23
24	25	26	27	28		

MARCH

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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	