

Clyde Green Springs Elementary

Sign-up on PaySchoolsCentral.com to add money on students lunch account. You may also view purchase history, check account balance & set low balance reminders. Cash and Checks may be added to students lunch accounts at any school cafeterias.



MEAL PRICING: Breakfast \$2.10
Elementary \$2.60 Middle School \$2.85
High School \$3.25 MILK .60

Reduced Breakfast & Lunch NO Charge
Free and Reduced application may be filled out at www.payschoolscentral.com

PB&J Lunch offered Daily

September-December 2026

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Bosco Sticks Spaghetti Sauce California Blend Applesauce Milk	Brunch For Lunch French Toast / Syrup Sausage Hash Browns Orange Juice Milk	Hot Dog / Bun Baked Beans Pears Fritos Milk	Chicken Nuggets Peas/Carrots Pineapple Birthday Cake Bar Milk	Pepperoni Pizza Romaine Salad SideKicks Cookie Milk
2	Chicken Patty/ Bun Green Beans Mixed Fruit Milk	Tacos Meat, Shell Cheese, Lettuce Refried Beans Peaches Milk	General Tso Popcorn Chicken Rice Stir Fry Vegetable Pineapple Fortune Cookie Milk	Mac & Cheese Bites Corn Strawberries Rice Krispy Treat Milk	French Bread Pizza Romaine Salad AppleSauce Milk
3	Turkey & Gravy Mashed Potatoes Strawberries Dinner Roll Milk	Taco Salad Meat, Chips Lettuce, Cheese Fiesta Beans Peaches Milk	Grilled Cheese Tomato Soup Broccoli Pears Goldfish Crackers Milk	Chicken Nuggets Potato Stars Mandarin Oranges Soft Pretzel Milk	Cheese Pizza Steamed Carrots Sidekicks Cookies Milk
4	Chicken Tenders Green Beans Flavored Dried Apples Dinner Roll Milk	Walking Taco Chips, Meat Cheese Refried Beans Peaches Milk	Flier Burgers Burger / Bun Cheese, Bacon French Fries Applesauce Milk	Johnny Marzetti Caesar Salad Pears Bread Stick Milk	Mini Pepperoni Triangles Pizzas Steamed Broccoli Strawberries Milk
5	Mini Corn Dogs Green Beans Pears Cookie Milk	Beef Cheese Nachos Chips, Meat, Cheese Refried Beans Apple Juice Milk	Chicken Drumstick Mashed Potatoes w Gravy, Strawberries Dinner Roll Milk	Mac & Cheese Peas Sidekicks Corn Muffin Milk	Cheesy Bread Spaghetti Sauce Corn Peaches Frozen Yogurt Milk

Breakfast Menu

Breakfast Egg Rolls Assorted Pastries Fruit Juice Milk	Assorted Muffin Yogurt Fruit Juice Milk	Breakfast Pizza Fruit Juice Milk	Pancake Wrap or Mini Donuts Fruit Juice Milk	Breakfast Sandwich Fruit Juice Milk
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**PB&J Uncrustable
Cheese Stick
Goldfish or
Cheez-it Crackers
Veggies, Fruit &
Milk**

Offered Daily

Fresh Vegetables
Possible Daily Options
Carrots, Broccoli, Celery,
Green & Red Peppers,
Cucumber, Tomatoes &
Cauliflower

**Possible Daily
Breakfast Options**
Cereal & Cheese
Stick or Pop Tart

**Fresh fruits and
vegetables are
offered as a daily
choice**

Smart Snack
Ala Cart options are
available for purchases

Menus are planned
according to USDA
guidelines

USDA is an equal
opportunity provider,
employer, and lender

Thanksgiving Dinner
Will be served on
November 19th.

Week 1 Meal Plan



Week 2 Meal Plan



Week 3 Meal Plan



Week 4 Meal Plan



Week 5 Meal Plan



September 2026						
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			

October 2026						
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 2026						
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 2026						
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		

What Makes a Meal?

Each school lunch offered includes five food components: an entree that is protein-packed and whole grain-rich, a fruit, a vegetable, and a selection of low-fat or fat-free milk. Students must select three out of five components to constitute a full meal. At least one of the three components chosen must be a fruit or vegetable. K-8 Students can select up to two servings of vegetables and one serving of fruit. 9-12 Students may select up to servings of vegetables and 2 servings of fruits.

Menus are subject to change due to product availability, new product offerings, health mandates or weather issues.

NUTRITION BIT

- Many children in the US fall short of meeting calcium, iron, vitamins D, potassium, fiber and whole grain recommendations.¹
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.²