



ELEMENTARY GRADES Pre-K-6 SEPTEMBER 2017 BREAKFAST /LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/4 NO SCHOOL	9/5 Egg & Cheese Bosco Stick (17g)	9/6 Maple Mini Pancakes (39g)	9/7 Turkey Sausage Pancake Wrap (17g)	9/8 Bagel with Cream Cheese (28g)
9/11 Beef Sausage on Bun (20g)	9/12 Mini Cinnamon French Toast (37g)	9/13 Turkey Sausage Breakfast Pizza (31g)	9/14 Maple Waffles (38g)	9/15 Strawberry Pancakes (40g)
9/18 Sweet Potato Swirl Roll (33g)	9/19 Egg & Cheese Bosco Stick (17g)	9/20 Maple Mini Pancakes (39g)	9/21 Turkey Sausage Pancake Wrap (17g)	9/22 NO SCHOOL
9/25 Beef Sausage on Bun (20g)	9/26 Mini Cinnamon French Toast (37g)	9/27 Turkey Sausage Breakfast Pizza (31g)	9/28 Maple Waffles (38g)	9/29 Strawberry Pancakes (40g)
<p>CHOOSE ONE MAIN ENTRÉE OR CHOOSE TWO OF THE FOLLOWING AT BREAKFAST: Assorted Cereal (20-26g) or Graham Cracker (19g) or Yogurt (15g) or Cheese Stick (1g) Orange juice (14g) and apple juice (14g) are offered daily with breakfast. A variety of fresh fruits, and a choice of 1% low fat white milk (13g), or skim chocolate milk (24g) are offered at breakfast and at lunch. Grams of carbohydrate for each food are listed in parenthesis (g).</p>			<p>Vegetables are offered daily and legumes weekly at lunch. **Sliced wheat bread (12g) offered with entree. * Tortilla strips (23g) offered with entrée. <> Meatless item A complete breakfast and lunch are FREE to every student!! Pork, seafood, and nut-containing products are not offered. Menu is subject to change. This institution is an equal opportunity provider. Revised 9/13/2017</p>	
LUNCH				
9/4 NO SCHOOL	9/5 Hamburger on Bun (20g) Turkey Hot Dog on Bun (21g) for <u>K-6 ONLY</u> Soy Butter & Jelly Sandwich (55g) <> Baked Beans (30g) <>	9/6 **Chicken Dippers (1g) Turkey Sausage & French Toast Sticks (39g) Soy Butter & Grape Jelly Sandwich (55g) <>	9/7 Hamburger/Bun (20g) Cheese Pizza (30g) <> **Chicken Fajita and Cheese Wrap (14g) Mixed Veggies -carrot, pea, green bean, lima bean, & corn (9g)	9/8 Chicken Patty on Bun (29g) Toasted Cheese Sandwich (24g) <> **Turkey Wrap (14- 16g) & BBQ sauce (4g)
9/11 **Chicken Nuggets (13g) Cheese & Bean Enchilada (42g) <> Soy Butter & Grape Jelly Sandwich (55g) <>	9/12 **Chicken Drumstick (5g) Cheese Pizza (30g) <> **Turkey Wrap (14- 16g) & BBQ sauce (4g) Baked Beans (30g) <>	9/13 **Cheeseburger Meatloaf on Bread (20g) Turkey Hot Dog on Bun (21g) for <u>K-6 ONLY</u> Soy Butter & Grape Jelly Sandwich (55g) <>	9/14 *Walking Taco (27g) and Bread (13g) *Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g)	9/15 Hamburger/Bun (20g) Teriyaki Chicken on Bun (40g) Soy Butter & Grape Jelly Sandwich (55g) <> Potato Wedges (14g)
9/18 Pepperoni Pizza (30g) **Macaroni-n-Cheese (28g) <> **Turkey Wrap (14- 16g) & BBQ sauce (4g) Corn (17g)	9/19 Hamburger on Bun (20g) Turkey Hot Dog on Bun (21g) for <u>K-6 ONLY</u> Soy Butter & Jelly Sandwich (55g) <> Baked Beans (30g) <>	9/20 **Chicken Dippers (1g) Turkey Sausage & French Toast Sticks (39g) Soy Butter & Grape Jelly Sandwich (55g) <>	9/21 Hamburger/Bun (20g) Cheese Pizza (30g) <> **Chicken Fajita and Cheese Wrap (15g) Mixed Veggies -carrot, pea, green bean, lima bean, & corn (9g)	9/22 NO SCHOOL
9/25 **Chicken Nuggets (13g) Cheese & Bean Enchilada (42g) <> Soy Butter & Grape Jelly Sandwich (55g) <>	9/26 **Chicken Drumstick (5g) Cheese Pizza (30g) <> **Turkey Wrap (14- 16g) & BBQ sauce (4g) Baked Beans (30g) <>	9/27 **Cheeseburger Meatloaf on Bread (20g) Turkey Hot Dog on Bun (21g) for <u>K-6 ONLY</u> Soy Butter & Grape Jelly Sandwich (55g) <>	9/28 *Ohio Day Meatball Sub (35g) *Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g)	9/29 Hamburger/Bun (20g) Teriyaki Chicken on Bun (40g) Soy Butter & Grape Jelly Sandwich (55g) <> Potato Wedges (14g)