


Grades K-8 Lunch Menu 2021

Lunch

	Monday 4/11	Tuesday 4/12	Lean & Green Wed 4/13	Thursday 4/14	Friday 4/15
Entrée - choose 1	*Chicken Patty on Bun (34g) *Pepperoni Pizza (34g) [REDACTED]	*Salisbury Steak on Bun (36g) <i>Cheesy Bread Sticks</i> [REDACTED]	[REDACTED] [REDACTED] **French Bread Cheese Pizza (33g)	**Toasted Cheese Sandwich (36g) [REDACTED] <i>Salisbury Steak (36g)</i>	
	COLD ENTREES **Yogurt, Cheese, Craisins & Grahams (78-81g)	COLD ENTREES [REDACTED]	COLD ENTREES **Yogurt Parfait (49-67g) & Muffin (26-29g)	COLD ENTREES [REDACTED]	NO SCHOOL
Choose 1 or more	*Corn (14g) **Black beans (21g)	[REDACTED] *Brussels Sprouts (4g)	*Green Beans (3g) [REDACTED]	[REDACTED] [REDACTED] *Steamed Broccoli (2g)	

WEEK 2

SPRING BREAK  **SCHOOLS CLOSED APRIL 15-22**

	Monday 4/25	Tuesday 4/26	Lean & Green Wed 4/27	Thursday 4/28	Friday 4/29
	*Cheeseburger on Bun (27g) *Pepperoni Pizza (34g) [REDACTED]	*Chicken Boneless Wings (15g) & Dinner Roll (16g) [REDACTED] *Turkey Sausage & French Toast Sticks (59g)	[REDACTED] [REDACTED] **French Bread Cheese Pizza (33g)	**Cheese & Bean [REDACTED] (42g) <i>Burrito</i> *Chicken Drumstick & Waffle (35g) [REDACTED]	*Salisbury Steak on Bun (36g) [REDACTED] (39g) or Cheese Pizza (34g) [REDACTED]
	COLD ENTREES **Yogurt, Cheese, Craisins & Grahams (78-81g)	COLD ENTREES [REDACTED]	COLD ENTREES **Yogurt Parfait (49-67g) & Muffin (26-29g)	COLD ENTREES [REDACTED]	COLD ENTREES [REDACTED]
Choose 1 or more	[REDACTED] **Black beans (21g)	[REDACTED] *Green Beans (3g)	*Corn (14g) [REDACTED]	*Steamed Broccoli (2g)	*Italian Mixed Vegetables - (6g) zucchini, carrot, cauliflower, Italian green bean & lima bean

WEEK 4

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots); students may have as many fresh fruits and vegetables that they would like to eat. A choice of 1% low fat white milk (13g) or fat-free chocolate milk (22g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. **Vegetarian high protein food item is available at lunch daily. No pork, peanut, tree nuts or seafood offered. Menu subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 3/25/2022

Lunch

Entrée – choose 1	Monday 5/2	Tuesday 5/3	Lean & Green Wed 5/4	Thursday 5/5	Friday 5/6
	Chicken Breasted Dip w/... ... *Pepperoni Pizza (34g) Cheese Melt (32g) COLD ENTREES Turkey Ham & Cheese *Chicken and Cheese Taquitos (30g) *Cook's Choice COLD ENTREES COLD ENTREES **Yogurt Parfait (49-67g) & Muffin (26-29g) COLD ENTREES **Egg Combo (33-59g)	*Chicken Tenders (12g) & Dinner Roll (16g) ... (39g) or Cheese Pizza (34g) ... COLD ENTREES ...
Choose 1 or more	*Corn (14g) **Garbanzo beans (20g)	... *Steamed Broccoli (2g)	*Green Beans (5g) *Ohio Day Roasted Carrots (4g)	**Baked Beans (28g)

WEEK 1

Entrée – choose 1	Monday 5/9	Tuesday 5/10	Wed 5/11	Thursday 5/12	Friday 5/13
	... (34g) *Pepperoni Pizza (34g) ... COLD ENTREES **Yogurt, Cheese, Craisins & Grahams (78-81g)	*Salisbury Steak on Bun (36g) ... **Cook's Choice (vegetarian) <i>Mac N Chz</i> COLD ENTREES **French Bread Cheese Pizza (33g) COLD ENTREES **Yogurt Parfait (49-67g) & Muffin (26-29g)	**Toasted Cheese Sandwich (36g) ... *Cook's Choice <i>CORN Dog</i> COLD ENTREES ... (29g)	*Chicken Tenders (12g) & Dinner Roll (16g) **Veggie Pizza (39g) or Cheese Pizza (34g) ... COLD ENTREES ... (22g)
Choose 1 or more	*Corn (14g) **Black beans (21g)	... *Brussels Sprouts (4g)	*Green Beans (3g)	*Mixed Vegetables – corn, peas, carrots, green & lima beans (9g)

WEEK 2

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots); students may have as many fresh fruits and vegetables that they would like to eat. A choice of 1% low fat white milk (13g) or fat-free chocolate milk (22g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. **Vegetarian high protein food item is available at lunch daily. No pork, peanut, tree nuts or seafood offered. Menu subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 3/25/2022

Grades K-8 Lunch Menu 2022

Lunch


	Monday 5/16	Tuesday 5/17	Lean & Green Wed 5/18	Thursday 5/19	Friday 5/20
Entrée – choose 1	Cook's Choice *Pepperoni Pizza (34g) Chili with Tortilla Chips (27g) & Dinner Roll (10g)	*Sloppy Joe on Bun* (36g) **Macaroni-n-Cheese (28g) & Dinner Roll (16g) *Chicken Patty on Bun (34g)	Veggie Pasta Bake (40g) _____ _____ **French Bread Cheese Pizza (33g)	*Hamburger on Bun (26g) _____ (27g) *Chicken Drumstick (7g) & _____ (32g) <i>Roll</i>	*Chicken Tenders (12g) & Dinner Roll (16g) **Veggie Pizza (39g) or Cheese Pizza (34g) _____ (27g)
	COLD ENTREES **Cheese (2g) + Cinnamon Roll (36g) + Fruit	COLD ENTREES _____ (10g)	COLD ENTREES **Yogurt Parfait (49-67g) & Muffin (26-29g)	COLD ENTREES **Citrus Salad (42g) & Cornbread (32g)	COLD ENTREES **Egg Combo (33-59g)
Choose 1 or more	*Corn (14g)	_____ (19-23g) *Collard Greens (4g)	*Green Beans (5g) Hot Cinnamon Apples	_____ *California Mixed Vegetables (5g)	*Steamed Broccoli (2g) **Black beans (21g)

WEEK 3

	Monday 5/23	Tuesday 5/24	Lean & Green Wed 5/25	Thursday 5/26	Friday 5/27
	_____ *Pepperoni Pizza (34g) Chicken Fried Rice (34g)	*Chicken Boneless Wings (15g) & Dinner Roll (16g) Cook's Choice (vegetarian) *Turkey Sausage & French Toast Sticks (59g)	Lean & Green: _____ (54g) _____ _____ (1g) or _____ **French Bread Cheese Pizza (33g)	**Cheese & Beans _____ (42g) <i>BURRITO</i> *Chicken Drumstick & Waffle (35g) *Cook's Choice	*Salisbury Steak on Bun (36g) **Veggie Pizza (39g) or Cheese Pizza (34g) *Cook's Choice
	COLD ENTREES **Yogurt, Cheese, Craisins & Grahams (78-81g)	COLD ENTREES _____ (10g) _____	COLD ENTREES **Yogurt Parfait (49-67g) & Muffin (26-29g)	COLD ENTREES _____	COLD ENTREES _____ _____
Choose 1 or more	*Steamed Cabbage (3g) **Black beans (21g)	_____ (19-23g) *Green Beans (3g)	*Corn (14g) Hot Cinnamon Apples	*Steamed Broccoli (2g)	*Italian Mixed Vegetables – (6g) zucchini, carrot, cauliflower, Italian green bean & lima bean

WEEK 4

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots); students may have as many fresh fruits and vegetables that they would like to eat. A choice of 1% low fat white milk (13g) or fat-free chocolate milk (22g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. **Vegetarian high protein food item is available at lunch daily. No pork, peanut, tree nuts or seafood offered. Menu subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 3/9/2022

	Monday 5/30	Tuesday 5/31	Lean & Green Wed 6/1	Thursday 6/2	Friday 6/3
Entrée – choose 1		_____ *Chicken and Cheese Taquitos (30g) *Cook's Choice	_____ _____ _____ **French Bread Cheese Pizza (33g)	_____ _____ Cheese Pizza *Hamburger on Bun (26g)	
	NO SCHOOL	COLD ENTREES _____ _____	COLD ENTREES **Yogurt Parfait (49-67g) & Muffin (26-29g)	COLD ENTREES _____	NO SCHOOL
Choose 1 or more		_____ *Potato of Choice (19-22g) *Steamed Broccoli (2g)	*Green Beans (5g) _____	_____ *Ohio Day Roasted Carrots (4g)	

WEEK 1

{ Hello }

Summer

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots); students may have as many fresh fruits and vegetables that they would like to eat. A choice of 1% low fat white milk (13g) or fat-free chocolate milk (22g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. **Vegetarian high protein food item is available at lunch daily. No pork, peanut, tree nuts or seafood offered. Menu subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 3/9/2022