



ELEMENTARY GRADES PreK-6

November/December 2018 BREAKFAST /LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/26 Sweet Potato Swirl Roll (33g)	11/27 Maple Pancakes (38g)	11/28 Mini Cinnis (39g)	11/29 Turkey Sausage Pancake Wrap (17g) ☯	11/30 Bagels with Strawberry Creamy Cheese (41g)
12/3 Grape-Filled Crescent Roll (35g)	12/4 Cinnamon French Toast (37g)	12/5 Confetti Pancakes (36g)	12/6 Blueberry Waffles (36g)	12/7 Strawberry Pancakes (40g)
12/10 Sweet Potato Swirl Roll (33g)	12/11 Maple Pancakes (38g)	12/12 Mini Cinnis (39g)	12/13 Turkey Sausage Pancake Wrap (17g) ☯	12/14 Bagels with Strawberry Creamy Cheese (41g)
12/17 Grape-Filled Crescent Roll (35g)	12/18 Cinnamon French Toast (37g)	12/19 Confetti Pancakes (36g)	12/20 Blueberry Waffles (36g)	12/21 Strawberry Pancakes (40g)
<p>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE 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 at breakfast. Fresh fruits and a choice of 1% low fat white milk (13g), or skim chocolate milk (24g) are offered at breakfast/lunch. Vegetables offered daily and legumes weekly at lunch. <u>A complete breakfast and lunch are FREE to every student!!</u> Revised 11/14/2018</p>			<p>Grams of carbohydrate for each food are listed as (g). *Sliced wheat bread (12g) offered with entree. ☯ Dairy-free entrée <> Plant-based entrée VEGGIE POWERED MEALS EVERY MONDAY! Pork, seafood, and nut-containing products are not offered. Menu is subject to change. This institution is an equal opportunity provider.</p> 	
LUNCH				
11/26 Cheese Pizza (46g) <> Toasted Cheese Sandwich (24g) <> Sun Butter (14g) & Grape Jelly (9g) & Bagel (26g) <> ☯	11/27 Cheeseburger Meatloaf on Bun (28g) Turkey Hot Dog on Bun (26g) ☯ for <u>K-6 ONLY</u> WOW Soy Butter & Jelly Sandwich (55g) <>	11/28 *Chicken Nuggets (13g) ☯ Cheese Pizza (30g) <> *Turkey Ham & Cheese with Tortilla Strips (25g)	11/29 Hamburger/Bun (20g) ☯ Pepperoni Pizza (30g) *Garden Salad with Egg & Cheese (4g) <> Baked Beans (30g) <>	11/30 Chicken Soft Taco (27g) *Salisbury Steak/Gravy (6g) and Potato (18g) Sun Butter & Strawberry Jelly & Bagel (49g) <> ☯ Corn (17g)
12/3 Power Up Sub (41g) <> ☯ Veggie Burger with Cheese on Bun (40g) <> *2 Peeps {hard boiled eggs} (2g) <> D Potato Wedges (14g)	12/4 *Chicken Drumstick (5g) ☯ Cheese Pizza (30g) <> *Chicken Fajita and Cheese Wrap (15g) Baked Beans (30g) <>	12/5 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) ☯ for <u>K-6 ONLY</u> Mixed Veggies -carrot, pea, green bean & corn (9g) WOW Soy Butter & Jelly Sandwich (55g) <>	12/6  Ohio Day Pizza Burger on Bun (25g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *2 Peeps {hard boiled eggs} (2g) <> D	12/7 Chicken Patty on Bun (29g) ☯ Cheese & Bean Enchilada (42g) <> WOW Soy Butter & Jelly Sandwich (55g) <>
12/10 Power Up Sub (41g) <> ☯ Toasted Cheese Sandwich (24g) <> WOW Soy Butter & Jelly Sandwich (55g) <>	12/11 Cheeseburger Meatloaf on Bun (28g) Turkey Hot Dog on Bun (26g) ☯ for <u>K-6 ONLY</u> *Yogurt with Granola & Cheese Stick (30-34g) <>	12/12 *Chicken Nuggets (13g) ☯ Cheese Pizza (30g) <> *Turkey Ham & Cheese with Tortilla Strips (25g)	12/13 Hamburger/Bun (20g) ☯ Pepperoni Pizza (30g) *Garden Salad with Egg & Cheese (4g) <> Baked Beans (30g) <>	12/14 Chicken Soft Taco (27g) *Turkey/Gravy (2g) and Potato (18g) Sun Butter & Grape Jelly Bagel (49g) <> ☯ Corn (17g)
12/17 *Chili with Cheese (19g) and Cornbread (23g) <> Veggie Burger with Cheese on Bun (40g) <> *2 Peeps {hard boiled eggs} (2g) <> D Potato Wedges (14g)	12/18 *Chicken Drumstick (5g) ☯ Cheese Pizza (30g) <> *Chicken Fajita and Cheese Wrap (15g) Baked Beans (30g) <>	12/19 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) ☯ for <u>K-6 ONLY</u> Mixed Veggies -carrot, pea, green bean & corn (9g) WOW Soy Butter & Jelly Sandwich (55g) <>	12/20 *Walking Taco (27g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> Teriyaki Chicken on Bun (40g) ☯	12/21 Chicken Patty on Bun (29g) ☯ Cheese & Bean Enchilada (42g) <> WOW Soy Butter & Jelly Sandwich (55g) <>

