




## ELEMENTARY GRADES PreK-6

### October/November 2018 BREAKFAST /LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/29 Sweet Potato Swirl Roll (33g)	10/30 Maple Pancakes (38g)	10/31 Mini Cinnis (39g)	11/1 Turkey Sausage Pancake Wrap (17g) ☯	11/2 Bagels with Strawberry Creamy Cheese (41g)
11/5 Grape-Filled Crescent Roll (35g)	11/6 <b>NO SCHOOL</b>	11/7 Confetti Pancakes (36g)	11/8 Blueberry Waffles (36g)	11/9 Strawberry Pancakes (40g)
11/12 Sweet Potato Swirl Roll (33g)	11/13 Maple Pancakes (38g)	11/14 Mini Cinnis (39g)	11/15 Turkey Sausage Pancake Wrap (17g) ☯	11/16 Bagels with Strawberry Creamy Cheese (41g)
11/19 Grape-Filled Crescent Roll (35g)	11/20 Cinnamon French Toast (37g)	11/21 <b>NO SCHOOL</b>	11/22 <b>NO SCHOOL</b>	11/23 <b>NO SCHOOL</b>
<p><b>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST:</b></p> <p>Assorted Cereal (20-26g) or Graham Cracker (19g) or Yogurt (15g) or Cheese Stick (1g)</p> <p>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.</p> <p><u>A complete breakfast and lunch are FREE to every student!!</u></p>			<p>Grams of carbohydrate for each food are listed as (g). *Sliced wheat bread (12g) offered with entree. ☯ Dairy-free entrée &lt;&gt; Plant-based entrée</p> <p><b>VEGGIE POWERED MEALS EVERY MONDAY!</b></p> <p>Pork, seafood, and nut-containing products are not offered.</p> <p>Menu is subject to change. This institution is an equal opportunity provider. Revised 11/7/2018</p> 	
LUNCH				
10/29 Veggie Sausage & French Toast Sticks (45g) <> Toasted Cheese Sandwich (24g) <> *Egg Salad (5g) <> ☯	10/30 Cheeseburger Meatloaf on Bun (28g) Turkey Hot Dog on Bun (26g) ☯ for <u>K-6 ONLY</u> *Yogurt with Granola & Cheese Stick (30-34g) <>	10/31 *Chicken Nuggets (13g) ☯ Cheese Pizza (30g) <> *Turkey Ham & Cheese with Tortilla Strips (25g)	11/1 Hamburger/Bun (20g) ☯ Pepperoni Pizza (30g) *Garden Salad with Egg & Cheese (4g) <> Baked Beans (30g) <>	11/2 Chicken Soft Taco (27g) *Salisbury Steak/Gravy (6g) and Potato (18g) Sun Butter & Grape Jelly Sandwich (56g) <> ☯ Corn (17g)
11/5 Power Up Sub (41g) <> ☯ Veggie Burger with Cheese on Bun (40g) <> *Cheddar Bits (0g) & Apple Cinnamon Muffin (27g) <> Potato Wedges (14g)	11/6 <b>NO SCHOOL</b>	11/7 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) ☯ for <u>K-6 ONLY</u> Sun Butter & Grape Jelly Sandwich (56g) <> ☯ Baked Beans (30g) <>	11/8  Ohio Day Cheese Pizza (41g) <> Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *Two Hard Boiled Eggs (2g) <> ☯	11/9 Chicken Patty on Bun (29g) ☯ Cheese & Bean Enchilada (42g) <> Sun Butter & Grape Jelly Sandwich (56g) <> ☯
11/12 Veggie Sausage & French Toast Sticks (45g) <> Toasted Cheese Sandwich (24g) <> *Egg Salad (5g) <> ☯	11/13 Cheeseburger Meatloaf on Bun (28g) Turkey Hot Dog on Bun (26g) ☯ for <u>K-6 ONLY</u> *Yogurt with Granola & Cheese Stick (30-34g) <>	11/14 *Chicken Nuggets (13g) ☯ Cheese Pizza (30g) <> *Turkey Ham & Cheese with Tortilla Strips (25g)	11/15 Hamburger/Bun (20g) ☯ Pepperoni Pizza (30g) *Garden Salad with Egg & Cheese (4g) <> Baked Beans (30g) <>	11/16 Chicken Soft Taco (27g) *Salisbury Steak/Gravy (6g) and Potato (18g) Sun Butter & Grape Jelly Sandwich (56g) <> ☯ Corn (17g)
11/19 Power Up Sub (41g) <> ☯ Veggie Burger with Cheese on Bun (40g) <> *Cheddar Bits (0g) & Apple Cinnamon Muffin (27g) <> Potato Wedges (14g)	11/20 *Chicken Drumstick (5g) ☯ Cheese Pizza (30g) <> *Chicken Fajita and Cheese Wrap (15g) Baked Beans (30g) <>	11/21 <b>NO SCHOOL</b>	11/22 <b>THANKSGIVING</b>  <b>NO SCHOOL</b>	11/23 <b>NO SCHOOL</b>

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