




ELEMENTARY GRADES PreK-6 August 2019 BREAKFAST /LUNCH MENU

MONDAY	TUESDAY	LEAN AND GREEN WEDNESDAY	THURSDAY	FRIDAY
			8/22 Cinnamon French Toast (37g)	8/23 Strawberry Pancakes (40g)
8/26 Sweet Potato Swirl Roll (33g)	8/27 Maple Pancakes (38g)	8/28 Mini Cinnis (39g)	8/29 Turkey Sausage Pancake Wrap (17g) Đ	8/30 Blueberry Waffles (36g)
<p><u>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST:</u> Assorted Cereal (20-25g) or Graham Cracker (19g) or Yogurt (14g) 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></p>			<p>Grams of carbohydrate for each food are listed as (g). *Sliced wheat bread offered with entree. Đ Dairy-free entrée <> Plant-based entrée VEGGIE POWERED MEALS EVERY WEDNESDAY! Pork, seafood, and nut-containing products are not offered. Menu is subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 7/17/2019</p> 	
LUNCH				
			8/22 Hamburger/Bun (20g) Đ Pepperoni Pizza (28g) Garden Salad with Egg & Cheese (5g) & *Bread (12g) <>	8/23 Chicken Soft Taco (27g) Salisbury Steak/Gravy (6g) and Potato (18g) & *Bread (12g) Sun Butter & Jelly & Bagel (49g) <> Đ Corn (17g)
8/26 Chicken Drumstick (5g) & *Bread (12g) Đ Turkey Sausage & French Toast Sticks (39g) WOW Soy Butter & Jelly Sandwich (55g) <> Mixed Vegetables (9g)	8/27 Cheese Pizza (27g) <> Turkey Hot Dog on Bun (21g) Đ <u>for K-6 only</u> Chicken Fajita and Cheese Wrap (19g) & *Bread (12g) Baked Beans (30g) <>	8/28 Dynamite Dippers (25g) & *Bread (12g) <> Đ Toasted Cheese Sandwich (24g) <> Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> Đ Potato Wedges (14g)	8/29 Walking Taco (27g) & *Bread (12g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> 2 Peeps {hard-boiled eggs} (2g) & *Bread (12g) <> D	8/30 Chicken Patty on Bun (29g) Đ Cheeseburger Meatloaf on Bun (28g) WOW Soy Butter & Jelly Sandwich (55g) <>

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