




ELEMENTARY MENU GRADES PreK-6



SY 2022- 2023

w k 1	MONDAY 11/14	TUESDAY 11/15	LEAN AND GREEN WEDNESDAY 11/16	THURSDAY 11/17	FRIDAY 11/18
B	Cinnamon Toast Crunch Cheese-Filled Bar (40g)	Chicken Sausage on Maple Waffle (15g)	Confetti Pancakes (36g)	Cinnamon French Toast (37g)	Maple Waffles (37g)
L u n c h	Chicken Nuggets (13g) & Bread (12g) D Cheese Pizza (28g) <> Turkey & Cheese Sticks with Tortilla Strips (24g) & Bread (12g)	Turkey Hot Dog on Bun (21g) D Toasted Cheese Sandwich (31g) <> Yogurt with Granola & Cheese Stick (30g) & Bread (12g) <> Corn (14g)	Cheese & Bean Burrito (40g) with Salsa (5g) <> Macaroni and Cheese (31g) & Bread (12g) <> 2 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D	Turkey/Gravy (2g) and Potato (18g) & Bread (12g) D Pepperoni Pizza (28g) Garden Salad with Egg & Cheese (5g) & Bread (12g) <> Baked Beans (30g)	Cheese Pizza (28g) <> Beef Chili with Beans (16g) & Tortilla Strips (23g) & Bread (12g) D Bean Dip (12g), Cheese Stick (1g) & Tortilla Strips (23g) <>
NO SCHOOL 11/21-11/25 HAPPY THANKSGIVING					
w k 1	MONDAY 11/28	TUESDAY 11/29	LEAN AND GREEN WEDNESDAY 11/30	THURSDAY 12/1	FRIDAY 12/2
B	Choose 2 Breakfast Items	Chicken Sausage on Maple Waffle (15g)	Confetti Pancakes (36g)	Cinnamon French Toast (37g)	Maple Waffles (37g)
L u n c h	Dynomite Dippers (25g) & Bread (12g) <> D WOW Soy Butter & Jelly Sandwich (55g) <>	Penne Alfredo (31g) & Bread (12g) <> Toasted Cheese Sandwich (31g) <> Yogurt with Granola & Cheese Stick (30g) & Bread (12g) <> Corn (14g)	Cheese & Bean Burrito (40g) with Salsa (5g) <> Macaroni and Cheese (31g) & Bread (12g) <> 2 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D	Hamburger/Bun (26g) D Pepperoni Pizza (28g) Garden Salad with Egg & Cheese (5g) & Bread (12g) <> Baked Beans (30g)	Cheese Pizza (28g) <> Beef Chili with Beans (16g) & Tortilla Strips (23g) & Bread (12g) D Turkey & Cheese Sticks with Tortilla Strips (24g) & Bread (12g)
<p><u>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST (B):</u> Assorted Cereal (20-25g) or Graham Cracker (19g) or Yogurt (14g) or Cheese Stick (1g) Apple juice and orange juice (14g) offered at breakfast. Students may have as much fresh fruit that they would like to eat. A choice of 1% low fat white milk (13g), or skim chocolate milk (24g) offered at breakfast/lunch. <u>A complete breakfast and lunch are FREE to every student!!</u></p>			<p style="text-align: center;">Grams of carbohydrate for each food are listed as (g). D Dairy-free entrée <> Vegetarian lunch daily including all lunches on Lean and Green Wednesdays Fresh fruits and vegetables, such as broccoli and carrots, offered at lunch daily. Pork, seafood, and nut-containing products are not offered. Menu is subject to change. This institution is an equal opportunity provider, employer, and lender.</p>		

SY 2022- 2023

W k 2	MONDAY 12/5 and 12/19	TUESDAY 12/6 and 12/20	LEAN AND GREEN WEDNESDAY 12/7	THURSDAY 12/8	FRIDAY 12/9
B	Mini Bagels Strawberry Creamy Cheese (42g)	Triple Berry French Toast (36g)	Mini Cinnis (39g)	Apple Frudel (36g)	 Ohio Day Breakfast: Danimals Yogurt (14g), Granola (15g), and Cherry Star Juice (13g)
L u n c h	Chicken Drumstick (5g) & Bread (12g) Đ Turkey Sausage/ French Toast (41g) WOW Soy Butter & Jelly Sandwich (55g) <>	Toasted Cheese Sandwich (31g) <> Penne Alfredo (31g) & Bread (12g) <> Sun Butter/Jelly & Bagel (49g) <> Đ Green Beans (5g)	Dynomite Dippers (25g) & Bread (12g) <> Đ Cheese Pizza (28g) <> 2 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> Đ	Turkey Hot Dog on Bun (21g) Đ for K-6 ONLY Pepperoni Pizza (28g) Sun Butter/Jelly & Bagel (49g) <> Đ Emoji Potato (18g)	Chicken Patty on Bun (34g) Đ Toasted Cheese Sandwich (31g) <> WOW Soy Butter & Jelly Sandwich (55g) <> Baked Beans (30g)
W k 1	MONDAY 12/12	TUESDAY 12/13	LEAN AND GREEN WEDNESDAY 12/14	THURSDAY 12/15	FRIDAY 12/16
B	Cinnamon Toast Crunch Cheese-Filled Bar (40g)	Chicken Sausage on Maple Waffle (15g)	Confetti Pancakes (36g)	Cinnamon French Toast (37g)	Maple Waffles (37g)
L u n c h	Chicken Nuggets (13g) & Bread (12g) Đ Cheese Pizza (28g) <> Turkey & Cheese Sticks with Tortilla Strips (24g) & Bread (12g)	Salisbury Steak/Gravy with Potato (24g) Cheesy Pull-Apart (32g) <> Yogurt with Granola & Cheese Stick (30g) & Bread (12g) <> Corn (14g)	Cheese & Bean Burrito (40g) with Salsa (5g) <> Macaroni and Cheese (31g) & Bread (12g) <> 2 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> Đ	Hamburger/Bun (26g) Đ Pepperoni Pizza (28g) WOW Soy Butter & Jelly Sandwich (55g) <> Baked Beans (30g)	Cheese Pizza (28g) <> Beef Chili with Beans (16g) & Tortilla Strips (23g) & Bread (12g) Đ Bean Dip (12g), Cheese Stick (1g) & Tortilla Strips (23g) <>
	CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST (B): Assorted Cereal (20-25g) or Graham Cracker (19g) or Yogurt (14g) or Cheese Stick (1g) Apple juice and orange juice (14g) offered at breakfast. Students may have as much fresh fruit that they would like to eat. A choice of 1% low fat white milk (13g), or skim chocolate milk (24g) offered at breakfast/lunch. <u>A complete breakfast and lunch are FREE to every student!!</u>		Grams of carbohydrate for each food are listed as (g). Đ Dairy-free entrée <> Vegetarian lunch daily including all lunches on Lean and Green Wednesdays Fresh fruits and vegetables, such as broccoli and carrots, offered at lunch daily. Pork, seafood, and nut-containing products are not offered. Menu is subject to change. This institution is an equal opportunity provider, employer, and lender.		

NO SCHOOL 12/21-12/30 WINTER BREAK