



**ELEMENTARY MENU GRADES PreK-6
SY 2022- 2023**

Week 1	MONDAY 9/19	TUESDAY 9/20	LEAN AND GREEN WEDNESDAY 9/21	THURSDAY 9/22	FRIDAY 9/23
B	Cinnamon Toast Crunch Cheese-Filled Bar (40g)	Chicken Sausage on Maple Waffle (15g)	Confetti Pancakes (36g)	Cinnamon French Toast (37g)	Maple Waffles (37g)
Lunch	Chicken Nuggets (13g) & Bread (12g) D Cheese Pizza (28g) <> Turkey & Cheese Sticks with Tortilla Strips (24g) & Bread (12g) Corn (14g)	Turkey Hot Dog on Bun (21g) D for K-6 ONLY Marinated Chicken over Noodles (22g) & Bread (12g) D Yogurt with Granola & Cheese Stick (30g) & Bread (12g) <>	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 WOW Soy Butter & Jelly Sandwich (55g) <>
Week 2	MONDAY 9/26	TUESDAY 9/27	LEAN AND GREEN WEDNESDAY 9/28	THURSDAY 9/29	FRIDAY 9/30
B	Mini Bagels Strawberry Creamy Cheese (42g)	Triple Berry French Toast (36g)	Mini Cinnis (39g)	Turkey Sausage Biscuit Sandwich (25g)	Blueberry Waffles (37g)
Lunch	Chicken Drumstick (5g) & Bread (12g) D Turkey Sausage/ French Toast (41g) WOW Soy Butter & Jelly Sandwich (55g) <>	Southwest Cheesy Pull-Apart (33g) <> Penne Alfredo (31g) & Bread (12g) <> Sun Butter/Jelly & Bagel (49g) <> D Green Beans (5g)	Dynamite Dippers (25g) & Bread (12g) <> D Toasted Cheese Sandwich (31g) <> Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> D Emoji Potato (18g)	Walking Taco (25g) & Bread (12g) Pepperoni Pizza (28g) 2 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D	Chicken Patty on Bun (34g) D Turkey Salami and Cheese Sub (32g) WOW Soy Butter & Jelly Sandwich (55g) <> Baked Beans (30g)
	<p>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></p>		<p 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>		



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Week 1	MONDAY 10/3	TUESDAY 10/4	LEAN AND GREEN WEDNESDAY 10/5	THURSDAY 10/6	FRIDAY 10/7
B	Cinnamon Toast Crunch Cheese-Filled Bar (40g)	Chicken Sausage on Maple Waffle (15g)	Confetti Pancakes (36g)	Cinnamon French Toast (37g)	Maple Waffles (37g)
Lunch	Chicken Nuggets (13g) & Bread (12g) D Cheese Pizza (28g) <> Turkey & Cheese Sticks with Tortilla Strips (24g) & Bread (12g)	Marinated Chicken over Noodles (22g) & Bread (12g) 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	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 Bean Dip (12g), Cheese Stick (1g), & Tortilla Strips (23g) <>
Week 2	MONDAY 10/10	TUESDAY 10/11	LEAN AND GREEN WEDNESDAY 10/12	THURSDAY 10/13	FRIDAY 10/14
B	Mini Bagels Strawberry Creamy Cheese (42g)	Triple Berry French Toast (36g)	Mini Cinnis (39g)	Turkey Sausage Biscuit Sandwich (25g)	Blueberry Waffles (37g)
Lunch	Chicken Drumstick (5g) & Bread (12g) D Turkey Sausage/ French Toast (41g) WOW Soy Butter & Jelly Sandwich (55g) <>	Southwest Cheesy Pull-Apart (33g) <> Penne Alfredo (31g) & Bread (12g) <> Sun Butter/Jelly & Bagel (49g) <> D Green Beans (5g)	Dynamite Dippers (25g) & Bread (12g) <> D Toasted Cheese Sandwich (31g) <> Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> D Emoji Potato (18g)	Walking Taco (25g) & Bread (12g) Pepperoni Pizza (28g) 2 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D	Chicken Patty on Bun (34g) D Turkey Salami and Cheese Sub (32g) WOW Soy Butter & Jelly Sandwich (55g) <> Baked Beans (30g)
	<p>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. A complete breakfast and lunch are FREE to every student!!</p>		<p 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>		