



SY 2022- 2023

w k	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)
L u n c	Chicken Nuggets (13g) & Bread (12g) Đ Cheese Pizza (28g) <> Turkey & Cheese Sticks with Tortilla Strips (24g) & Bread (12g)	Turkey Hot Dog on Bun (21g) Đ for <u>K-6 ONLY</u> Marinated Chicken over Noodles (22g) & Bread (12g) Đ 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) Đ 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) Đ WOW Soy Butter & Jelly Sandwich (55g) <>
W k 2	MONDAY 9/26	TUESDAY 9/27	LEAN AND GREEN WEDNESDAY 9/28	THURSDAY 9/29	FRIDAY 9/30
В	Mini Bagels Strawberry Creamy Cheese (42g)	Triple Berry French Toast (36g)	Mini Cinnis (39g)	Turkey Sausage Biscuit Sandwich (25g)	Blueberry Waffles (37g)
L u n c	Chicken Drumstick (5g) & Bread (12g) Đ Turkey Sausage/ French Toast	Southwest Cheesy Pull-Apart (33g) <> Penne Alfredo (31g) & Bread (12g) <> Sun Butter/Jelly & Bagel (49g) <> Đ Green Beans (5g)	Dynomite Dippers (25g) & Bread (12g) <> Đ Toasted Cheese Sandwich (31g) <> Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> Đ Emoji Potato (18g)	Walking Taco (25g) & Bread (12g) Pepperoni Pizza (28g) 2 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> Đ	Chicken Patty on Bun (34g) Đ Turkey Salami and Cheese Sub (32g) WOW Soy Butter & Jelly Sandwich (55g) <> Baked Beans (30g)
	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!!		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.		





ELEMENTARY MENU GRADES PreK-6

SY 2022- 2023

W	MONDAY 10/3	TUESDAY 10/4	LEAN AND GREEN	THURSDAY 10/6	FRIDAY 10/7
1			WEDNESDAY 10/5		
В	Cinnamon Toast Crunch	Chicken Sausage on Maple Waffle	Confetti Pancakes (36g)	Cinnamon French Toast (37g)	Maple Waffles (37g)
	Cheese-Filled Bar (40g)	(15g)			
L	Chicken Nuggets (13g) & Bread	Marinated Chicken over Noodles	Cheese & Bean Burrito (40g)	Hamburger/Bun (26g) Đ	Cheese Pizza (28g) <>
١	(12g) Đ	(22g) & Bread (12g) Đ	with Salsa (5g) <>	Pepperoni Pizza (28g)	Beef Chili with Beans (16g) &
u	Cheese Pizza (28g) <>	Toasted Cheese Sandwich (31g)	Macaroni and Cheese (31g) &	Garden Salad with Egg & Cheese	Tortilla Strips (23g) & Bread
n	Turkey & Cheese Sticks with	<>	Bread (12g) <>	(5g) & Bread (12g) <>	(12g) Đ
C	Tortilla Strips (24g) & Bread	Yogurt with Granola & Cheese	2 Peeps {hard-boiled eggs}	Baked Beans (30g)	Bean Dip (12g), Cheese Stick
	(12g)	Stick (30g) & Bread (12g) <>	(2g) & Pretzel Bites (25g) <> D		(1g), & Tortilla Strips (23g) <>
h		Corn (14g)			
W	MONDAY 10/10	TUESDAY 10/11	LEAN AND GREEN	THURSDAY 10/13	FRIDAY 10/14
k 2			WEDNESDAY 10/12		
В	Mini Bagels Strawberry Creamy	Triple Berry French Toast (36g)	Mini Cinnis (39g)	Turkey Sausage Biscuit Sandwich	Blueberry Waffles (37g)
	Cheese (42g)			(25g)	
L	Chicken Drumstick (5g) & Bread	Southwest Cheesy Pull-Apart	Dynomite Dippers (25g) &	Walking Taco (25g) & Bread	Chicken Patty on Bun (34g) Đ
١	(12g) Đ	(33g) <>	Bread (12g) <> Đ	(12g)	Turkey Salami and Cheese Sub
u	Turkey Sausage/ French Toast	Penne Alfredo (31g) & Bread (12g)	Toasted Cheese Sandwich	Pepperoni Pizza (28g)	(32g)
n		<>	(31g) <>	2 Peeps {hard-boiled eggs} (2g)	WOW Soy Butter & Jelly
С	WOW Soy Butter & Jelly	Sun Butter/Jelly & Bagel (49g) <>	Sun Butter (14g) & Jelly (9g)	& Pretzel Bites (25g) <> Đ	Sandwich (55g) <>
L	Sandwich (55g) <>	Ð	& Bagel (26g) <> Đ		Baked Beans (30g)
h		Green Beans (5g)	Emoji Potato (18g)		<u> </u>
	CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST (B):		Grams of carbohydrate for each food are listed as (g).		
) or Graham Cracker (19g)	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.		
		or Cheese Stick (1g)			
		4g) offered at breakfast. Students			
		t they would like to eat. A choice of	Pork, seafood, and nut-containing products are not offered.		
	1% low fat white milk (13g), or s	kim chocolate milk (24g) offered at	Menu is subject to change.		
	breakfast/lunch.		This institution is an equal opportunity provider, employer, and lender.		
	A complete breakfast and lunch are FREE to every student!!				