



## ELEMENTARY MENU GRADES PreK-6

**SEPTEMBER 2021**

w k 1	MONDAY 9/6	TUESDAY 9/7	LEAN AND GREEN WEDNESDAY 9/8	THURSDAY 9/9	FRIDAY 9/10
<b>B</b>	= Breakfast	Egg & Cheese on English Muffin (24g)	Confetti Pancakes (36g)	Cinnamon French Toast (37g)	Strawberry Pancakes (40g)
<b>L u n c h</b>	<b>LABOR DAY NO SCHOOL</b>	Turkey Hot Dog on Bun (21g) <b>Đ</b> for <b>K-6 ONLY</b> Chicken over Noodles (36g) & Bread (12g) <b>Đ</b> Yogurt with Granola & Cheese Stick (30g) & Bread (12g) <>	Cheese & Bean Burrito (40g) <> Macaroni and Cheese (31g) & Bread (12g) <> 2 Peeps {hard-boiled eggs 2g} & Bread (12g) <> <b>D</b>	Hamburger/Bun (25g) <b>Đ</b> Pepperoni Pizza (28g) Garden Salad with Egg & Cheese (5g) & Bread (12g) <> Baked Beans (30g)	Cheese Pizza (28g) with Marinara Sauce (4g) <> Salisbury Steak/Gravy (6g) and Potato (18g) & Bread (12g) Sun Butter/Jelly & Bagel (49g) <> <b>Đ</b> Corn (14g)
w k 2	MONDAY 9/13	TUESDAY 9/14	LEAN AND GREEN WEDNESDAY 9/15	THURSDAY 9/16	FRIDAY 9/17
<b>B</b>	Mini Bagels Strawberry Creamy Cheese (42g)	Blueberry Muffin (26g)	Mini Cinnis (39g)>	Turkey Sausage Pancake Wrap (17g) <b>Đ</b>	Blueberry Waffles (36g)
<b>L u n c h</b>	Chicken Drumstick (5g) & Bread (12g) <b>Đ</b> Turkey Sausage/ French Toast (41g) Bean Dip/Cheese/Tortilla Strips (36g) & Bread (12g) <> Green Beans (5g)	Cheese Pizza (28g) with Marinara Sauce (4g) <> Turkey Hot Dog on Bun (21g) <b>Đ</b> for <b>K-6 only</b> <b>WOW</b> Soy Butter & Jelly Sandwich (55g) <> Baked Beans (30g)	Dynomite Dippers (25g) & Bread (12g) <> <b>Đ</b> Toasted Cheese Sandwich (31g) <> Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> <b>Đ</b> Potato Wedges (17g)	Walking Taco (25g) & Bread (12g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> 2 Peeps {hard-boiled eggs 2g} & Bread (12g) <> <b>Đ</b>	Chicken Patty on Bun (34g) <b>Đ</b> Cheeseburger Meatloaf on Bun (33g) <b>WOW</b> Soy Butter & Jelly Sandwich (55g) <>
<p><b>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST (B):</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. <b><u>A complete breakfast and lunch are FREE to every student!!</u></b></p>			<p style="text-align: center;">Grams of carbohydrate for each food are listed as (g). <b>Đ</b> = Dairy-free entrée &lt;&gt; 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 served. Menu is subject to change. This institution is an equal opportunity provider, employer, and lender.</p> <p style="text-align: center;">Revised 9/8/2021</p>		



**ELEMENTARY MENU GRADES PreK-6  
SEPTEMBER/OCTOBER 2021**



<b>w k 1</b>	<b>MONDAY 9/20</b>	<b>TUESDAY 9/21</b>	<b>LEAN AND GREEN WEDNESDAY 9/22</b>	<b>THURSDAY 9/23</b>	<b>FRIDAY 9/24</b>
<b>B</b>	Cinnamon Toast Crunch Cheese-Filled Bar (40g)	Egg & Cheese on English Muffin (24g)	Confetti Pancakes (36g)	Cinnamon French Toast (37g)	Strawberry Pancakes (40g)
<b>L u n c h</b>	Chicken Nuggets (13g) & Bread (12g) Đ Cheese Pizza (28g) with Marinara Sauce (4g) <> Turkey & Cheese Sticks with Tortilla Strips (24g) & Bread (12g)	Turkey Hot Dog on Bun (21g) Đ for <b>K-6 ONLY</b> Chicken over Noodles (36g) & Bread (12g) Đ Yogurt with Granola & Cheese Stick (30g) & Bread (12g) <>	Cheese & Bean Burrito (40g) <> Macaroni and Cheese (31g) & Bread (12g) <> 2 Peeps {hard-boiled eggs} (2g) & Bread (12g) <> D	Hamburger/Bun (25g) Đ Pepperoni Pizza (28g) Garden Salad with Egg & Cheese (5g) & Bread (12g) <> Baked Beans (30g)	Cheese Pizza (28g) with Marinara Sauce (4g) <> Turkey/Gravy (2g) and Potato (18g) & Bread (12g) Sun Butter/Jelly & Bagel (49g) <> Đ Corn (14g)
<b>w k 2</b>	<b>MONDAY 9/27</b>	<b>TUESDAY 9/28</b>	<b>LEAN AND GREEN WEDNESDAY 9/29</b>	<b>THURSDAY 9/30</b>	<b>FRIDAY 10/1</b>
<b>B</b>	Mini Bagels Strawberry Creamy Cheese (42g)	Maple Pancakes (38g)	Mini Cinnis (39g)>	Turkey Sausage Pancake Wrap (17g) Đ	Blueberry Waffles (36g)
<b>L u n c h</b>	Chicken Drumstick (5g) & Bread (12g) Đ Turkey Sausage/ French Toast (41g) Bean Dip/Cheese/Tortilla Strips (36g) & Bread (12g) <> Green Beans (5g)	Cheese Pizza (28g) with Marinara Sauce (4g) <> Turkey Hot Dog on Bun (21g) Đ for <b>K-6 only</b> WOW Soy Butter & Jelly Sandwich (55g) <> Baked Beans (30g)	Dynomite Dippers (25g) & Bread (12g) <> Đ Toasted Cheese Sandwich (31g) <> Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> Đ Potato Wedges (17g)	Walking Taco (25g) & *Bread Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> 2 Peeps {hard-boiled eggs} (2g) & Bread (12g) <> Đ	Chicken Patty on Bun (34g) Đ Cheeseburger Meatloaf on Bun (33g) WOW Soy Butter & Jelly Sandwich (55g) <>
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