



ELEMENTARY GRADES PreK-6

February/March 2019 BREAKFAST /LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2/4 Sweet Potato Swirl Roll (33g)	2/5 Maple Pancakes (38g)	2/6 Mini Cinnis (39g)	2/7 Turkey Sausage Pancake Wrap (17g) ☽	2/8 Bagels with Strawberry Creamy Cheese (41g)
2/11 Grape-Filled Crescent Roll (35g)	2/12 Cinnamon French Toast (37g)	2/13 Confetti Pancakes (36g)	2/14 Blueberry Waffles (36g)	2/15 Strawberry Pancakes (40g)
2/18 NO SCHOOL	2/19 Maple Pancakes (38g)	2/20 Mini Cinnis (39g)	2/21 Turkey Sausage Pancake Wrap (17g) ☽	2/22 Bagels with Strawberry Creamy Cheese (41g)
2/25 Grape-Filled Crescent Roll (35g)	2/26 Cinnamon French Toast (37g)	2/27 Confetti Pancakes (36g)	2/28 Blueberry Waffles (36g)	3/1 Strawberry Pancakes (40g)
<p>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST: Assorted Cereal (20-26g) or Graham Cracker (19g) or Yogurt (15g) 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. A complete breakfast and lunch are FREE to every student!! Revised 2/20/2019</p>			<p>Grams of carbohydrate for each food are listed as (g). *Sliced wheat bread (12g) offered with entree. ☽ Dairy-free entrée <> Plant-based entrée VEGGIE POWERED MEALS EVERY MONDAY! Pork, seafood, and nut-containing products are not offered. Menu is subject to change. This institution is an equal opportunity provider.</p> 	
LUNCH				
2/4 *Dynamite Dippers (25g) <> ☽ Toasted Cheese Sandwich (24g) <> Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> ☽	2/5 Cheeseburger Meatloaf on Bun (28g) Turkey Hot Dog on Bun (26g) ☽ for <u>K-6 ONLY</u> Sun Butter & Grape Jelly Sandwich (56g) <> ☽	2/6 *Chicken Nuggets (13g) ☽ Cheese Pizza (26g) <> *Turkey Ham & Cheese with Tortilla Strips (25g)	2/7 Hamburger/Bun (20g) ☽ Pepperoni Pizza (26g) *Garden Salad with Egg & Cheese (4g) <> Baked Beans (30g) <>	2/8 Chicken Soft Taco (27g) *Salisbury Steak/Gravy (6g) and Potato (18g) Sun Butter & Jelly & Bagel (49g) <> ☽ Corn (17g)
2/11 *Chili with Cheese (19g) and Cornbread (23g)<> Veggie Burger with Cheese on Bun (40g) <> *2 Peeps {hard boiled eggs} (2g) <> D Potato Wedges (14g)	2/12 *Chicken Drumstick (5g) ☽ Cheese Pizza (26g) <> *Chicken Fajita and Cheese Wrap (15g) Baked Beans (30g) <>	2/13 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) ☽ for <u>K-6 ONLY</u> WOW Soy Butter & Jelly Sandwich (55g) <> Mixed Veggies -carrot, pea, green bean & corn (9g)	2/14  * Ohio Day 3-Way Chili (46g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *2 Peeps {hard boiled eggs} (2g) <> D	2/15 Chicken Patty on Bun (29g) ☽ Cheese & Bean Enchilada (42g) <> WOW Soy Butter & Jelly Sandwich (55g) <>
2/18 NO SCHOOL	2/19 Cheeseburger Meatloaf on Bun (28g) Turkey Hot Dog on Bun (26g) ☽ for <u>K-6 ONLY</u> *Yogurt with Granola & Cheese Stick (30-34g) <>	2/20 *Chicken Nuggets (13g) ☽ Cheese Pizza (30g) <> * Chicken Fajita and Cheese Wrap (15g)	2/21 Hamburger/Bun (20g) ☽ Pepperoni Pizza (30g) *Garden Salad with Egg & Cheese (4g) <> Baked Beans (30g) <>	2/22 Chicken Soft Taco (27g) *Salisbury Steak/Gravy (6g) and Potato (18g) Sun Butter & Jelly Bagel (49g) <> ☽ Corn (17g)
2/25 *Chili with Cheese (19g) and Cornbread (23g)<> Veggie Burger with Cheese on Bun (40g) <> *2 Peeps {hard boiled eggs} (2g) <> D Potato Wedges (14g)	2/26 *Chicken Drumstick (5g) ☽ Cheese Pizza (30g) <> *Chicken Fajita and Cheese Wrap (15g) Baked Beans (30g) <>	2/27 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) ☽ for <u>K-6 ONLY</u> WOW Soy Butter & Jelly Sandwich (55g) <> Mixed Veggies -carrot, pea, green bean & corn (9g)	2/28 *Walking Taco (27g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *2 Peeps {hard boiled eggs} (2g) <> D	3/1 Chicken Patty on Bun (29g) ☽ Cheese & Bean Enchilada (42g) <> WOW Soy Butter & Jelly Sandwich (55g) <>

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