






**ELEMENTARY MENU GRADES PreK-6  
SY 2023-24**



W k 1	MONDAY 9/18	TUESDAY 9/19	LEAN AND GREEN WEDNESDAY 9/20	THURSDAY 9/21  OHIO DAY	FRIDAY 9/22
B	Mini Bagels with Cinnamon Creamy Cheese (42g)	Chicken Sausage on Maple Waffle (15g)		Cinnamon French Toast (37g)	Maple Waffles (37g)
L u n c h	Chicken Nuggets (13g) & Bread (12g) D Cheese Pizza (29g) <> Turkey Sticks with Tortilla Strips (23g) & Bread (12g) D	Turkey Hot Dog on Bun (21g) D for <u>K-6 ONLY</u> Toasted Cheese Sandwich (31g) <> Buffalo Chicken and Cheese on Bun (30g) Baked Beans (30g)	<b>NO STUDENTS</b>	 Macaroni and Cheese (32g) & Bread (12g) <> Hamburger/Bun (25g) D Garden Salad with Egg & Cheese (5g) & Bread (12g) <>  Zucchini (1g)	Toasted Cheese Sandwich (31g) <> Rotini with Meat Sauce (24g) & Bread (12g) D Rotisserie Chicken and Cheese on Bun (31g)
W k 2	MONDAY 9/25	TUESDAY 9/26	LEAN AND GREEN WEDNESDAY 9/27	THURSDAY 9/28	FRIDAY 9/29
B	Mini Bagels Strawberry Creamy Cheese (42g)	Triple Berry French Toast (36g)	Mini Cinnis (39g)	Breakfast Pizza with Beef and Red Sauce (17g)	Blueberry Waffles (37g)
L u n c h	Chicken Drumstick (5g) & Bread (12g) D Turkey Sausage/Eggoji Waffle (31g) 2 Peeps {hard-boiled eggs 2g} & Bread (12g) <> D	Fiestada Sandwich (31g) Impossible Burger on Bun (32g) <> D Buffalo Chicken and Cheese on Bun (30g) Green Beans (5g)	Dynomite Dippers (23g) & Bread (12g) <> D Toasted Cheese Sandwich (31g) <> Yogurt (12g)/Cheese Stick (1g) & Granola (15g) & Bread (12g) <>	Walking Taco (25g) & Bread (12g) Cheese-Pizza (29g)-<> Turkey Sticks with Tortilla Strips (23g) & Bread (12g) D Corn (14g)	Chicken Patty on Bun (34g) D Beef Cheeseburger (27g) Cheese Cup (13g) and Cheese Stick (1g) & Pretzel Bites (25g) <> Baked Beans (30g)
	<p><b>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST (B):</b> Assorted Cereal (20-25g) or Granola (15g) 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 (12g), or skim chocolate milk (24g) offered at breakfast/lunch. <u>A complete breakfast and lunch are FREE to every student!!</u></p>			<p>Grams of carbohydrate for each food are listed as (g). D 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 offered. Menu is subject to change. This institution is an equal opportunity provider.  Revised 8/21/2023</p>	



## ELEMENTARY MENU GRADES PreK-6 SY 2023-24



w k 1	MONDAY 10/2	TUESDAY 10/3 OHIO DAY	LEAN AND GREEN WEDNESDAY 10/4	THURSDAY 10/5	FRIDAY 10/6
<b>B</b>	Mini Bagels with Cinnamon Creamy Cheese (42g)	Chicken Sausage on Maple Waffle (15g)	Confetti Pancakes (36g)	Cinnamon French Toast (37g)	Maple Waffles (37g)
<b>L u n c h</b>	Chicken Nuggets (13g) & Bread (12g) $\text{\textcircled{D}}$ Cheese Pizza (29g) $\leftrightarrow$ Turkey Sticks with Tortilla Strips (23g) & Bread (12g) $\text{\textcircled{D}}$	Sloppy Joe on Bun (36g) $\text{\textcircled{D}}$ Toasted Cheese Sandwich (31g) $\leftrightarrow$ Buffalo Chicken and Cheese on Bun (30g) Pepper & Onion (2g)	Cheese Breadstick (28g) with Marinara Cup $\leftrightarrow$ Penne Alfredo (31g) & Bread (12g) $\leftrightarrow$ 2 Peeps {hard-boiled eggs} (2g) & Bread (12g) $\leftrightarrow$ D	Hamburger/Bun (25g) $\text{\textcircled{D}}$ Pepperoni Pizza (29g) Garden Salad with Egg & Cheese (5g) & Bread (12g) $\leftrightarrow$ Baked Beans (30g)	Toasted Cheese Sandwich (31g) $\leftrightarrow$ Rotini with Meat Sauce (24g) & Bread (12g) $\text{\textcircled{D}}$ Rotisserie Chicken and Cheese on Bun (31g)
w k 2	MONDAY 10/9	TUESDAY 10/10	LEAN AND GREEN WEDNESDAY 10/11	THURSDAY 10/12	FRIDAY 10/13
<b>B</b>	Mini Bagels Strawberry Creamy Cheese (42g)	Triple Berry French Toast (36g)	Mini Cinnis (39g)	Breakfast Pizza with Beef and Red Sauce (17g)	Blueberry Waffles (37g)
<b>L u n c h</b>	Chicken Drumstick (5g) & Bread (12g) $\text{\textcircled{D}}$ Turkey Sausage/-Eggoji Waffle (31g) 2 Peeps {hard-boiled eggs 2g} & Bread (12g) $\leftrightarrow$ D	Fiestada Sandwich (31g) Impossible Burger on Bun (32g) $\leftrightarrow$ D Buffalo Chicken and Cheese on Bun (30g) Green Beans (5g)	Dynamite Dippers (23g) & Bread (12g) $\leftrightarrow$ $\text{\textcircled{D}}$ Toasted Cheese Sandwich (31g) $\leftrightarrow$ Yogurt (12g)/Cheese Stick (1g) & Granola (15g) & Bread (12g) $\leftrightarrow$	Walking Taco (25g) & Bread (12g) Cheese-Pizza (29g) $\leftrightarrow$ Turkey Sticks with Tortilla Strips (23g) & Bread (12g) $\text{\textcircled{D}}$ Corn (14g)	Chicken Patty on Bun (34g) $\text{\textcircled{D}}$ Beef Cheeseburger (27g) Cheese Cup (13g) and Cheese Stick (1g) & Pretzel Bites (25g) $\leftrightarrow$ Baked Beans (30g)
	<p><b>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST (B):</b> Assorted Cereal (20-25g) or Granola (15g) 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 (12g), or skim chocolate milk (24g) offered at breakfast/lunch. <b>A complete breakfast and lunch are FREE to every student!!</b></p>		<p>Grams of carbohydrate for each food are listed as (g). <math>\text{\textcircled{D}}</math> Dairy-free entrée <math>\leftrightarrow</math> 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.</p> <p style="text-align: center;">Revised 8/21/2023</p>		