



**ELEMENTARY MENU GRADES PreK-6  
JANUARY 2022**



w k 1	MONDAY 1/3	TUESDAY 1/4	LEAN AND GREEN WEDNESDAY 1/5	THURSDAY 1/6	FRIDAY 1/7
B	Apple Cinnamon (27g) or Chocolate Chip (29g) Muffin	Bagel (26g) & Jelly (9g)	Confetti Pancakes (36g)	Cinnamon French Toast (37g)	
L u n c h	Dynomite Dippers (25g) & Bread (12g) <> D Toasted Cheese Sandwich (24g) <> Turkey & Cheese Sticks with Tortilla Strips (24g) & Bread (12g)	Turkey Hot Dog on Bun (21g) D for K-6 ONLY Turkey Ham and Cheese on Bun (27g) Bean Dip/Cheese/Tortilla Strips (36g) & Bread (12g) <>	Cheese & Bean Burrito (40g) <> Macaroni and Cheese (32g) & Bread (12g) <> 2 Peeps (hard-boiled eggs 2g) & Bread (12g) <> D	Hamburger/Bun (25g) D Turkey Salami and Cheese Sub (32g) Garden Salad with Egg & Cheese (5g) & Bread (12g) <> Baked Beans (30g)	<b>NO SCHOOL</b>
W k 2	MONDAY 1/10	TUESDAY 1/11	WEDNESDAY 1/12	LEAN AND GREEN THURSDAY 1/13	FRIDAY 1/14
B	Cook's Choice	Mini Bagels Strawberry Creamy Cheese (42g)	Confetti Pancakes (36g)	Mini Cinnis (40g)	Blueberry Waffles (37g)
L u n c h	Turkey Ham and Cheese on Bun (27g) Salisbury Steak/Gravy (6g) and Potato (18g) & Bread (12g) Corn (14g)	Chicken Drumstick (6g) & Bread (12g) D Turkey Sausage/ French Toast (41g) Bean Dip/Cheese/Tortilla Strips (36g) & Bread (12g) <> Green Beans (5g)	Cheese & Bean Burrito (40g) <> Turkey Hot Dog on Bun (21g) D for K-6 only WOW Soy Butter & Jelly Sandwich (55g) <> Baked Beans (30g)	Dynomite Dippers (25g) & Bread (12g) <> D Toasted Cheese Sandwich (31g) <> Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> D Potato Wedges (16g)	Chicken Patty on Bun (34g) D Cheeseburger Meatloaf on Bun (33g) WOW Soy Butter & Jelly Sandwich (53g) <>
	<p><b><u>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST (B):</u></b>            Assorted Cereal (20-25g) or Graham Cracker (19g) or Yogurt (12g) 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 (B) and lunch are FREE to every student!!</u></b></p>		<p align="center">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 served.            Menu is subject to change.            This institution is an equal opportunity provider, employer, and lender.</p>		
Revised 1/10/2022					



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**JANUARY 2022**

W k 1	MONDAY 1/17	TUESDAY 1/18	LEAN AND GREEN WEDNESDAY 1/19	THURSDAY 1/20	FRIDAY 1/21
B				Cinnamon French Toast (37g)	Strawberry Pancakes (39g)
L u n c h	MARTIN LUTHER KING JR. DAY NO SCHOOL	NO SCHOOL	NO SCHOOL	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)
W k 2	MONDAY 1/24	TUESDAY 1/25	LEAN AND GREEN WEDNESDAY 1/26	THURSDAY 1/27	FRIDAY 1/28
B	Mini Bagels Strawberry Creamy Cheese (42g)	Maple Pancakes (38g)	Mini Cinnis (40g)	Turkey Sausage Pancake Wrap (17g) Đ	Blueberry Waffles (37g)
L u n c h	Chicken Drumstick (6g) & 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 <u>for K-6 only</u> WOW Soy Butter & Jelly Sandwich (55g) <> Baked Beans (30g)	Dynamite Dippers (25g) & Bread (12g) <> Đ Toasted Cheese Sandwich (31g) <> Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> Đ Potato Wedges (16g)	Walking Taco (25g) & Bread (12g) Cheesy Bread Sticks (30g) 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 (53g) <>

**CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST (B):**  
 Assorted Cereal (20-25g) or Graham Cracker (19g)  
 or Yogurt (12g) 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 (B) 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.  
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