




**ELEMENTARY MENU GRADES PreK-6  
NOVEMBER 2021**



<b>w k 1</b>	<b>MONDAY 11/1</b>	<b>TUESDAY 11/2</b>	<b>LEAN AND GREEN WEDNESDAY 11/3</b>	<b>THURSDAY 11/4</b>	<b>FRIDAY 11/5</b>
<b>B</b>	Cinnamon Toast Crunch Cheese-Filled Bar (40g)		Confetti Pancakes (36g)	Cinnamon French Toast (37g)	Confetti Pancakes (36g)
<b>L u n c h</b>	Chicken Nuggets (13g) & Bread (12g) Đ Toasted Cheese Sandwich (31g) <> Turkey & Cheese Sticks with Tortilla Strips (24g) & Bread (12g)	<b>NO SCHOOL</b>	 OH Day Yogurt (28g) and Waffle (37g) with Jam (9g) <> Cheese & Bean Burrito (40g) <> 2 Peeps (hard-boiled eggs 2g) & Bread (12g) <> D	Hamburger/Bun (25g) Đ Turkey Ham and Cheese on Bun (27g) Garden Salad with Egg & Cheese (5g) & Bread (12g) <> Baked Beans (30g)	Toasted Cheese Sandwich (31g) <> Salisbury Steak/Gravy (6g) and Potato (18g) & Bread (12g) Sun Butter/Jelly & Bagel (49g) <> Đ Corn (14g)
<b>W k 2</b>	<b>MONDAY 11/8</b>	<b>TUESDAY 11/9</b>	<b>LEAN AND GREEN WEDNESDAY 11/10</b>	<b>THURSDAY 11/11</b>	<b>FRIDAY 11/12</b>
<b>B</b>	Cinnamon French Toast (37g)	Confetti Pancakes (36g)	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)	Turkey Salami and Cheese Sub (32g) 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 (17g)	Walking Taco (25g) & Bread (12g) 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) <>
	<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 (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 (B) and lunch are FREE to every student!!</u></b></p>		<p align="center">Grams of carbohydrate for each food are listed as (g). Đ = 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 align="right">Revised 11/8/2021</p>		



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<b>w k 1</b>	<b>MONDAY 11/15</b>	<b>TUESDAY 11/16</b>	<b>LEAN AND GREEN WEDNESDAY 11/17</b>	<b>THURSDAY 11/18</b>	<b>FRIDAY 11/19</b>
<b>B</b>	Cinnamon Toast Crunch Cheese-Filled Bar (40g)	Bagel (26g) & Jelly (9g)	Confetti Pancakes (36g)	Cinnamon French Toast (37g)	Confetti Pancakes (36g)
<b>L u n c h</b>	Chicken Nuggets (13g) & Bread (12g) D Toasted Cheese Sandwich (31g) <> Turkey & Cheese Sticks with Tortilla Strips (24g) & Bread (12g)	Turkey Hot Dog on Bun (21g) D for <u>K-6 ONLY</u> Chicken over Noodles (22g) & Bread (12g) D 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) D Turkey Salami and Cheese Sub (32g) Garden Salad with Egg & Cheese (5g) & Bread (12g) <> Baked Beans (30g)	Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> Turkey/Gravy (2g) and Potato (18g) & Bread (12g) Sun Butter/Jelly & Bagel (49g) <> D Corn (14g)
<b>w k 2</b>	<b>MONDAY 11/22</b>	<b>TUESDAY 11/23</b>	<b>LEAN AND GREEN WEDNESDAY 11/24</b>	<b>THURSDAY 11/25</b>	<b>FRIDAY 11/26</b>
<b>B</b>					
<b>L u n c h</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>THANKSGIVING DAY NO SCHOOL</b>	<b>NO SCHOOL</b>
	<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 (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 offered. Menu is subject to change. This institution is an equal opportunity provider, employer, and lender.</p> <p align="center">Revised 11/8/2021</p>		