



**ELEMENTARY MENU GRADES PreK-6**  
**SY 2022- 2023**




W k 1	MONDAY 10/17	TUESDAY 10/18	LEAN AND GREEN WEDNESDAY 10/19	THURSDAY 10/20	FRIDAY 10/21
B	Cinnamon Toast Crunch Cheese-Filled Bar (40g)	Chicken Sausage on Maple Waffle (15g)	Confetti Pancakes (36g)	Cinnamon French Toast (37g)	
L u n c h	Chicken Nuggets (13g) & Bread (12g) Đ Cheese Pizza (28g) <> Turkey & Cheese Sticks with Tortilla Strips (24g) & Bread (12g)	Marinated Chicken over Noodles (22g) & Bread (12g) Đ Toasted Cheese Sandwich (31g) <> Yogurt with Granola & Cheese Stick (30g) & Bread (12g) <> Corn (14g)	Cheese & Bean Burrito (40g) with Salsa (5g) <> Macaroni and Cheese (31g) & Bread (12g) <> 2 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D	Hamburger/Bun (26g) Đ Pepperoni Pizza (28g) Garden Salad with Egg & Cheese (5g) & Bread (12g) <> Baked Beans (30g)	<b>NO SCHOOL</b>
W k 2	MONDAY 10/24	TUESDAY 10/25	LEAN AND GREEN WEDNESDAY 10/26	THURSDAY 10/27	FRIDAY 10/28
B	Mini Bagels Strawberry Creamy Cheese (42g)	Triple Berry French Toast (36g)		Turkey Sausage Biscuit Sandwich (25g)	Blueberry Waffles (37g)
L u n c h	Chicken Drumstick (5g) & Bread (12g) Đ Turkey Sausage/ French Toast (41g) WOW Soy Butter & Jelly Sandwich (55g) <>	Southwest Cheesy Pull-Apart (33g) <> Penne Alfredo (31g) & Bread (12g) <> Sun Butter/Jelly & Bagel (49g) <> Đ Green Beans (5g)	<b>NO SCHOOL</b>	Walking Taco (25g) & Bread (12g) Pepperoni Pizza (28g) 2 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> Đ	Chicken Patty on Bun (34g) Đ Turkey Salami and Cheese Sub (32g) WOW Soy Butter & Jelly Sandwich (55g) <> Baked Beans (30g)
	<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>A complete breakfast and lunch are FREE to every student!!</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 offered. Menu is subject to change. This institution is an equal opportunity provider, employer, and lender.</p>	



**ELEMENTARY MENU GRADES PreK-6**  
**SY 2022- 2023**



<b>w k 1</b>	<b>MONDAY 10/31</b>	<b>TUESDAY 11/1</b>	<b>LEAN AND GREEN WEDNESDAY 11/2</b>	<b>THURSDAY 11/3</b>	<b>FRIDAY 11/4</b>
<b>B</b>	Cinnamon Toast Crunch Cheese-Filled Bar (40g)	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) Đ Cheese Pizza (28g) <> Turkey & Cheese Sticks with Tortilla Strips (24g) & Bread (12g)	Marinated Chicken over Noodles (22g) & Bread (12g) Đ Toasted Cheese Sandwich (31g) <> Yogurt with Granola & Cheese Stick (30g) & Bread (12g) <> Corn (14g)	Cheese & Bean Burrito (40g) with Salsa (5g) <> Macaroni and Cheese (31g) & Bread (12g) <> 2 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D	Impossible Burger on Bun (32g) <> Đ Pepperoni Pizza (28g) Garden Salad with Egg & Cheese (5g) & Bread (12g) <> Baked Beans (30g)	Cheese Pizza (28g) <> Beef Chili with Beans (16g) & Tortilla Strips (23g) & Bread (12g) Đ Amazing Chickpea Dip (24g) & Pretzel Bites (25g) <> Đ
<b>w k 2</b>	<b>MONDAY 11/7</b>	<b>TUESDAY 11/8</b>	<b>LEAN AND GREEN WEDNESDAY 11/9</b>	<b>THURSDAY 11/10</b>	<b>FRIDAY 11/11</b>
<b>B</b>	Mini Bagels Strawberry Creamy Cheese (42g)		Mini Cinnis (39g)	Turkey Sausage Biscuit Sandwich (25g)	Blueberry Waffles (37g)
<b>L u n c h</b>	Chicken Drumstick (5g) & Bread (12g) Đ Turkey Sausage/ French Toast (41g) WOW Soy Butter & Jelly Sandwich (55g) <>	<b>NO SCHOOL</b>	Dynomite Dippers (25g) & Bread (12g) <> Đ Toasted Cheese Sandwich (31g) <> Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> Đ Emoji Potato (18g)	 Ohio Day Meatball Sub (30g) Pepperoni Pizza (28g) 2 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> Đ Ohio Day Coleslaw (11g)	Chicken Patty on Bun (34g) Đ Turkey Salami and Cheese Sub (32g) WOW Soy Butter & Jelly Sandwich (55g) <> Baked Beans (30g)
	<u>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST (B):</u> 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>A complete breakfast and lunch are FREE to every student!!</b>		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. Menu is subject to change. This institution is an equal opportunity provider, employer, and lender.		