




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



Week 1	MONDAY 10/4	TUESDAY 10/5	LEAN AND GREEN WEDNESDAY 10/6	THURSDAY 10/7	FRIDAY 10/8
B	Cinnamon Toast Crunch Cheese-Filled Bar (40g)	Egg & Cheese on English Muffin (24g)	Confetti Pancakes (36g)	Cinnamon French Toast (37g)	Confetti Pancakes (36g)
Lunch	Chicken Nuggets (13g) & Bread (12g) Đ Cheese Pizza (28g) with Marinara Sauce (4g) <> Turkey & Cheese Sticks with Tortilla Strips (24g) & Bread (12g)	Turkey Hot Dog on Bun (21g) Đ for K-6 ONLY Turkey Salami and Cheese Sub (32g) 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) Đ Pepperoni Pizza (28g) Garden Salad with Egg & Cheese (5g) & Bread (12g) <> Baked Beans (30g)	 OH Day Beef Taco & Cheese (4g) & Bread (12g) Salisbury Steak/Gravy (6g) and Potato (18g) & Bread (12g) Sun Butter/Jelly & Bagel (49g) <> Đ Corn (14g)
Week 2	MONDAY 10/11	TUESDAY 10/12	LEAN AND GREEN WEDNESDAY 10/13	THURSDAY 10/14	FRIDAY 10/15
B	Mini Bagels Strawberry Creamy Cheese (42g)	Confetti Pancakes (36g)	Mini Cinnis (39g)	Turkey Sausage Pancake Wrap (17g) Đ	
Lunch	Chicken Drumstick (5g) & Bread (12g) Đ Turkey Sausage/ French Toast (41g) Bean Dip/Cheese/Tortilla Strips (36g) & Bread (12g) <> Green Beans (5g)	Turkey Hot Dog on Bun (21g) Đ for K-6 only Pepperoni Pizza (28g) 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	<b>NO SCHOOL</b>
<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 lettuce 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 10/22/2021					



## ELEMENTARY MENU GRADES PreK-6



### OCTOBER 2021

Week 1	MONDAY 10/18	TUESDAY 10/19	LEAN AND GREEN WEDNESDAY 10/20	THURSDAY 10/21	FRIDAY 10/22
B	Cinnamon Toast Crunch Cheese-Filled Bar (40g)	Egg & Cheese on English Muffin (24g)	Confetti Pancakes (36g)	Cinnamon French Toast (37g)	Mini Cinnis (39g)
Lunch	Chicken Nuggets (13g) & Bread (12g) Đ Toasted Cheese Sandwich (31g) <> Turkey & Cheese Sticks with Tortilla Strips (24g) & Bread (12g)	Turkey Hot Dog on Bun (21g) Đ for K-6 ONLY Chicken over Noodles (36g) & Bread (12g) Đ 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) Đ Pepperoni Pizza (28g) Garden Salad with Egg & Cheese (5g) & Bread (12g) <> Baked Beans (30g)	Pepperoni Pizza (28g) Turkey/Gravy (2g) and Potato (18g) & Bread (12g) Sun Butter/Jelly & Bagel (49g) <> Đ Corn (14g)
Week 2	MONDAY 10/25	TUESDAY 10/26	LEAN AND GREEN WEDNESDAY 10/27	THURSDAY 10/28	FRIDAY 10/29
B	Mini Bagels Strawberry Creamy Cheese (42g)	Confetti Pancakes (36g)		Mini Bagels Cinnamon Creamy Cheese (42g)	Blueberry Waffles (36g)
Lunch	Chicken Drumstick (5g) & Bread (12g) Đ Turkey Sausage/ French Toast (41g) Bean Dip/Cheese/Tortilla Strips (36g) & Bread (12g) <> Green Beans (5g)	Pepperoni Pizza (28g) Turkey Hot Dog on Bun (21g) Đ for K-6 only WOW Soy Butter & Jelly Sandwich (55g) <> Baked Beans (30g)	<b>NO SCHOOL</b>	Turkey Ham and Cheese on Bun (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>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>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 lettuce 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>		
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