



ELEMENTARY MENU GRADES PreK-6 OCTOBER 2021

	OCTOBER 2021									
w k 1	MONDAY 10/4	TUESDAY 10/5	LEAN AND GREEN WEDNESDAY 10/6	THURSDAY 10/7	FRIDAY 10/8					
В	Cinnamon Toast Crunch Cheese-Filled Bar (40g)	Egg & Cheese on English Muffin (24g)	Confetti Pancakes (36g)	Cinnamon French Toast (37g)	Confetti Pancakes (36g)					
L u n c h	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)					
W k 2	MONDAY 10/11	TUESDAY 10/12	LEAN AND GREEN WEDNESDAY 10/13	THURSDAY 10/14	FRIDAY 10/15					
В	Mini Bagels Strawberry Creamy Cheese (42g)	Confetti Pancakes (36g)	Mini Cinnis (39g)	Turkey Sausage Pancake Wrap (17g) Đ						
L u n c	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)	Dynomite 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	NO SCHOOL					
		OSE 2 OF THESE AT BREAKFAST (B): c) or Graham Cracker (19g)	Grams of carbohydrate for each food are listed as (g). Đ = Dairy-free entrée							

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.

A complete breakfast (B) and lunch are FREE to every student!!

<> 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.

Revised 10/22/2021





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OCTOBER 2021

_	OCTOBER 2021										
W la	MONDAY 10/18	TUESDAY 10/19	LEAN AND GREEN	THURSDAY 10/21	FRIDAY 10/22						
1			WEDNESDAY 10/20								
В	Cinnamon Toast Crunch	Egg & Cheese on English Muffin	Confetti Pancakes (36g)	Cinnamon French Toast (37g)	Mini Cinnis (39g)						
"	Cheese-Filled Bar (40g)	(24g)		. 5							
L	Chicken Nuggets (13g) & Bread	Turkey Hot Dog on Bun (21g) Đ	Cheese & Bean Burrito (40g)	Hamburger/Bun (25g) Đ	Pepperoni Pizza (28g)						
u	(12g) Đ	for K-6 ONLY	<>	Pepperoni Pizza (28g)	Turkey/Gravy (2g) and Potato						
	Toasted Cheese Sandwich (31g)	Chicken over Noodles (36g) &	Macaroni and Cheese (31g) &	Garden Salad with Egg & Cheese	(18g) & Bread (12g)						
n		Bread (12g) Đ	Bread (12g) <>	(5g) & Bread (12g) <>	Sun Butter/Jelly & Bagel (49g) <>						
С	Turkey & Cheese Sticks with	Yogurt with Granola & Cheese	2 Peeps {hard-boiled eggs}	Baked Beans (30g)	Ð						
h	Tortilla Strips (24g) & Bread	Stick (30g) & Bread (12g) <>	(2g) & Bread (12g) <> D		Corn (14g)						
"	(12g)										
W	MONDAY 10/25	TUESDAY 10/26	LEAN AND GREEN	THURSDAY 10/28	FRIDAY 10/29						
K 2			WEDNESDAY 10/27								
В	Mini Bagels Strawberry Creamy	Confetti Pancakes (36g)		Mini Bagels Cinnamon Creamy	Blueberry Waffles (36g)						
	Cheese (42g)			Cheese (42g)							
L	Chicken Drumstick (5g) & Bread	Pepperoni Pizza (28g)		Turkey Ham and Cheese on Bun	Chicken Patty on Bun (34g) Đ						
l -	(12g) Đ	Turkey Hot Dog on Bun (21g) Đ		(Cheesy Bread Sticks (27g) with	Cheeseburger Meatloaf on Bun						
u	Turkey Sausage/ French Toast	for K-6 only	NO SCHOOL	Marinara Sauce (4g) <>	(33g)						
n	(41g)	WOW Soy Butter & Jelly	140 3011002	2 Peeps {hard-boiled eggs} (2g)	WOW Soy Butter & Jelly						
_	Bean Dip/Cheese/Tortilla Strips	Sandwich (55g) <>		& Bread (12g) <> Đ	Sandwich (55g) <>						
١.	(36g) & Bread (12g) <>	Baked Beans (30g)									
h	Green Beans (5g)										
		,									
		OSE 2 OF THESE AT BREAKFAST (B):	Grams of carbohydrate for each food are listed as (g). D Dairy-free entrée Vegetarian lunch daily including all lunches on Lean and Green Wednesdays Fresh fruits and vegetables, such as lettuce and carrots, offered at lunch daily.								
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		or Cheese Stick (1g)									
		4g) offered at breakfast. Students									
	=	t they would like to eat. A choice of	Pork, seafood, and nut-containing products are not offered.								
		kim chocolate milk (24g) offered at	Menu is subject to change. This institution is an equal enportunity provider, ampleyer, and lender								
		ast/lunch. unch are FREE to every student!!	This institution is an equal opportunity provider, employer, and lender.								
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