



ELEMENTARY GRADES PreK-6 Sept/October 2019 MENU



| MONDAY | TUESDAY | LEAN AND GREEN WED | THURSDAY | FRIDAY |
|---|--|--|---|---|
| 9/30 Chicken Nuggets (13g) & *Bread (12g) Đ Cheese Pizza (27g) <> Turkey Ham & Cheese with Tortilla Strips (25g) & *Bread (12g) | 10/1 Turkey Hot Dog on Bun (21g) Đ for <u>K-6 ONLY</u> Beef and Bean Burrito (45g) Đ Yogurt with Granola & Cheese Stick (30g) & *Bread (12g) <> | 10/2 Cheese & Bean Burrito (40g) <> *Macaroni and Cheese (31g) & *Bread (12g) <> *2 Peeps {hard-boiled eggs} (2g) & *Bread (12g) <> D | 10/3 Hamburger/Bun (20g) Đ Pepperoni Pizza (28g) Garden Salad with Egg & Cheese (5g) & *Bread (12g) <> Baked Beans (30g) <> | 10/4 Chicken Soft Taco (27g) Turkey/Gravy (2g) and Potato (18g) & *Bread (12g) Sun Butter/Jelly & Bagel (49g) <> Đ Corn (17g) |
| 10/7 Chicken Drumstick (5g) & *Bread (12g) Đ Turkey Sausage/French Toast (40g) WOW Soy Butter & Jelly Sandwich (55g) <> Green Beans (4g) | 10/8 Cheese Pizza (27g) <> Turkey Hot Dog on Bun (21g) Đ for <u>K-6 only</u> Chicken Fajita and Cheese Wrap (19g) & *Bread (12g) Baked Beans (30g) <> | 10/9 Dynamite Dippers (25g) & *Bread (12g) <> Đ Toasted Cheese Sandwich (24g) <> Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> Đ Potato Wedges (14g) | 10/10 Ohio Day Cheese Calzone (33g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> 2 Peeps {hard-boiled eggs} (2g) & *Bread (12g) <> D | 10/11 Chicken Patty on Bun (29g) Đ Cheeseburger Meatloaf on Bun (28g) WOW Soy Butter & Jelly Sandwich (55g) <> |
| 10/14 Chicken Nuggets (13g) & *Bread (12g) Đ Cheese Pizza (27g) <> Turkey Ham & Cheese with Tortilla Strips (25g) & *Bread (12g) | 10/15 Turkey Hot Dog on Bun (21g) Đ for <u>K-6 ONLY</u> Beef and Bean Burrito (45g) Đ Yogurt with Granola & Cheese Stick (30g) & *Bread (12g) <> | 10/16 Cheese & Bean Burrito (40g) <> Macaroni and Cheese (31g) & *Bread (12g) <> 2 Peeps {hard-boiled eggs} (2g) & *Bread (12g) <> D | 10/17 Hamburger/Bun (20g) Đ Pepperoni Pizza (28g) Garden Salad with Egg & Cheese (5g) & *Bread (12g) <> Baked Beans (30g) <> | NO SCHOOL |
| 10/21 Chicken Drumstick (5g) & *Bread (12g) Đ Turkey Sausage & French Toast (40g) WOW Soy Butter & Jelly Sandwich (55g) <> Green Beans (4g) | 10/22 Cheese Pizza (27g) <> Turkey Hot Dog on Bun (21g) Đ for <u>K-6 only</u> Chicken Fajita and Cheese Wrap (19g) & *Bread (12g) Baked Beans (30g) <> | NO SCHOOL | 10/24 Walking Taco (27g) & *Bread (12g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> 2 Peeps {hard-boiled eggs} (2g) & *Bread (12g) <> D | 10/25 Chicken Patty on Bun (29g) Đ Cheeseburger Meatloaf on Bun (28g) WOW Soy Butter & Jelly Sandwich (55g) <> |

Grams of carbohydrate for each food are listed as (g). Pork, seafood, and nut-containing products are not offered. Menu is subject to change.

*Sliced wheat bread offered with entree.

Đ Dairy-free entrée

<> Plant-based entrée

This institution is an equal opportunity provider, employer, and lender.

Revised 8/23/2019