



October 2017 Elementary Schools Menus

The five components for menu planning are:
 ● Grains ● Protein ● Fruit ● Vegetable ● Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Breakfast Options				
Select at least 3 items. One must be ●fruit or ●juice. The below breakfast options will be offered weekly on the day of the week listed. ●Juice, ●fruit and ●milk offered daily. Items with * have weekly alternating flavors.				
●● Breakfast Rings* ● Start Your Day Cereal ● Fruit Grain Bar* ● String Cheese	●● PBJ Graham ● Start Your Day Cereal ● Cereal Bar*	●● Cinnamon Goodness* ● Start Your Day Cereal ●● Good Morning Bread*	● Glazed Bun* ● Start Your Day Cereal ● Morning Muffin* ● Hardboiled Egg	●● Stuffed Bagel* ● Start Your Day Cereal ● Tasty Toaster Pastry*
Lunch Options				
Select 3 to 5 components and one must be fruit or vegetable. Fruit and vegetable options are listed below and are served on the same day of the week each week. 1% and fat free flavored ●milk is offered daily. A full dot (●) represents a full component. A half dot (●) represents a portion of a component. Although we make every effort to provide choices, we cannot guarantee all menu choices will be available for all students.				
●● Rolled Beef Taco ●● Pigs in Pancakes~ ●● Pizza Buildable^** ● Strawberry Muffin ● Spicy Beans	●● Chicken Nuggets ●● Creamy Cheesy Mac^ ●● Yogurt Pack^** ● Dinner Roll & Butter ● Mashed Spuds & Gravy	●● General Tso Chicken with Fried Rice ●● Cheese Calzonettes^ ●● PBJ Bundle^**	●● Homemade Chili ●● Cheese Quesadilla^ ●● Yogurt Pack^** ● Cinnamon Roll	●● Cheese Pizza Slice^ ●● BBQ Ribette on Bun ●● PBJ Bundle^**
●● Meaty Spaghetti ●● Crispy Chicken Sandwich ●● Deli Buildable** ● Sun Chips ● BBQ Baked Beans	●● Roasted Chicken Leg ●● Sloppy Joes ●● Yogurt Pack^** ● Apple Delight ● Roasted Potatoes	National School Lunch Week	●● Taco Soup ●● Grilled Chicken Nuggets ●● Yogurt Pack^** ● Cornbread Loaf ● Sweet Potatoes	●● Pepperoni Pizza Pocket ●● Tangerine Chicken over Fried Rice ●● PBJ Bundle^**
●● All American Burger ●● Nacho Cheese Dip^ & Tortilla Chips ●● Pizza Buildable^** ● Choc. Crispy Rice Treat ● Refried Beans	●● Chicken Strips ●● Sausage Bagel ●● Yogurt Pack^** ● Oatmeal Raisin Cookie ● Cheesy Broccoli Bites	●● Ball Park Frank ●● Rolled Beef Taco ●● PBJ Bundle^** ● Green Pepper Strips	●● Chicken Noodle Soup ●● Lil' Smokies~ ●● Yogurt Pack^** ● Carrot Bun	Nonteaching Duty Day
District Inservice Day	●● Chicken Nuggets ●● Spicy Grilled Cheese^ ●● Yogurt Pack^** ● Graham Sticks ● Mashed Spuds & Gravy	●● Corny Corn Dog ●● Cheesy Fish Melt ●● PBJ Bundle^**	●● Cheeseburger Rotini ●● Beef Fingers ●● Yogurt Pack^** ● Cornbread	●● Cheese Pizza Round^ ●● All American Burger ●● PB&B Bundle^**
●● Macho Nachos^ ●● Breakfast for Lunch~ ●● Pizza Buildable^** ● Crispy Rice Treat ● Refried Beans	●● Chicken Strips ●● Stuffed Cheeseburger ●● Yogurt Pack^** ● Holiday Cookie ● Cheesy Broccoli Bites	**PBJ Bundle is a PBJ Sandwich & String Cheese **PB&B Bundle is a PB & Banana Sandwich & String Cheese **Yogurt Pack is Yogurt & String Cheese **Deli Buildable is Cheddar Cheese Cubes, Turkey Pepperoni & Wheat Crackers **Pizza Buildable is Flatbread, Shredded Mozzarella & Marinara Sauce		
Daily Side Choices				
● Beans ● Crispy Celery Sticks ● Mandarin Oranges ● Planetary Pears	● Hot Vegetable ● X-ray Vision Carrots ● Happy Apple Slices ● Pumped Up Pineapple	● Corn of Champions ● Cool As Cucumber Coins ● Outstanding Oranges ● Mixed Fruit	● Gallant Green Beans ● Crazy Cauliflower ● Banana-rama ● Awesome Applesauce	● Crinkled Cooked Carrots ● Rockin' Broccoli ● Radical Red Grapes ● Silly Sliced Peaches

Menu Subject to Change
 ^Meatless ~Pork

Breakfast \$1.25
 Reduced Breakfast \$.30
 Visitor Breakfast \$2.10
 Extra Milk \$.50

Lunch \$2.25
 Reduced Lunch \$.40
 Visitor Lunch \$3.60
 Extra Milk \$.50

This institution is an equal opportunity provider.