

October 2018

Elementary School LUNCH MENU

Lunch Prices

Kindergarten \$2.35
Elementary \$2.35
Adult \$3.75
Reduced No Charge
Milk Carton \$0.45
Month \$49.35

*Students who elect to bring a meal from home and who would like to have milk with their meal are able to purchase milk at school. Meal benefits DO NOT apply.

**Cold Deli Sandwich (35gm) and Meatless Option are available daily.

Meatless options located in the shaded areas on the menu.

Allergy Information:

This menu may contain one or more of the following ingredients: milk, eggs, peanuts, soybeans, tree nuts, and wheat.

The planned lunch meal provides 550-650 calories, <10% saturated fat, and 0g trans fats!

~ Average gram (g) of carbohydrate
 Menu subject to change due to product availability and weather delays/cancellations.

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mini Corn Dogs~30g Oven Baked Beans~29g Celery Sticks~2g Applesauce~15g	2 Soft Shell Beef Taco~14g Lettuce/Tomato Cup~3g Yellow Corn~15g Fresh Strawberries~7g	3 Chicken Tenders~11g Dinner Roll~20g Mashed Potatoes w/Gravy~20g Fresh Baby Carrots~5g Fresh Peach~12g	4 Cheeseburger on a Bun~32g Sidewinder Fries~23g Fresh Broccoli~3g Fresh Grapes~8g	5 Italian Dunker w/Pizza Sauce~28g Green Beans~5g Vegetable Selection Fruit Cup~20g
Hummus Power Pack~39g	Hummus Power Pack~39g	Hummus Power Pack~39g	Hummus Power Pack~39g	Italian Dunker w/Pizza Sauce~28g
8 Zingy Orange Chicken~19g Brown Rice~25g Peas & Carrots~8g Sugar Snap Peas~3g Mandarin Oranges~13g	9 French Toast Sticks~43g Strawberry Banana Yogurt~15g Breakfast Potatoes~13g Vegetable Fruit Juice~14g Warm Apple Slices~15g	10 Italian Rotini Casserole~27g Garlic Toast~15g Classic Mixed Vegetables~12g Salad Greens~2g Banana~23g	11 Breaded Chicken Drumstick~5g Waffle and Syrup ~46g Oven Baked Beans~29g Fresh Baby Carrots~5g Crunchy Apple Slices~13g	12 Cheese Bites w/Pizza Sauce~28g Steamed Cauliflower~4g Vegetable Selection Pineapple Tidbits~19g
Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Cheese Bites w/Pizza Sauce~28g
15 Cheese Pizza~34g Riviera Vegetable Blend~5g Fresh Baby Carrots~5g Chilled Peaches~14g	16 Beef and Cheese Nachos~32g Lettuce/Tomato Cup~3g Cheesy Refried Beans~25g Fresh Pear~23g	17 Egg & Cheese Croissant~32g Potato Rounds~18g Cucumber Slices~2g Fresh Orange Wedges~11g	18 No School	19 No School
Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Egg & Cheese Croissant~32g		
22 Breaded Chicken Sandwich~44g Roasted Squash~17g Celery Sticks~2g Fresh Plum~8g	23 Beef Hot Dog on Bun~32g Bean Medley~21g Grape Tomatoes~3g Fresh Apple Slices~13g	24 Chili Mac~29g Whole Grain Cornbread~29g Carrot Coins~5g Salad Greens~2g Mandarin Oranges~13g	25 Whole Wheat Pancakes~31g w/Syrup~20g Turkey Sausage~1g Breakfast Potatoes~14g Vegetable Fruit Juice~14g Mango Chunks~10g	26 Cheese Quesadilla~32g Yellow Corn~15g Vegetable Selection Pineapple Tidbits~19g
Yogurt & Cheese Powerpack~55g	Yogurt & Cheese Powerpack~55g	Yogurt & Cheese Powerpack~55g	Yogurt & Cheese Powerpack~55g	Cheese Quesadilla~32g
29 Cheese Ravioli~50g Garlic Breadstick~15g Steamed Broccoli~3g Fresh Baby Carrots~5g Chilled Pears~16g	30 Chicken & Waffles~45g Sweet Potato Fries~24g Vegetable Selection Strawberry Go-Gurt~10g Fresh Grapes~8g	31 Walking Taco~28g Lettuce/Tomato Cup~2g Yellow Corn~15g Banana~23g Orange Dream Mixmi Frozen Yogurt~18g		
Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g		



The Great Lakes Great Apple Crunch!
 Celebrate National Farm to School Month by crunching into local apples during lunch October 11th. Students who participate will receive a sticker!

**October
2018**

Elementary School BREAKFAST MENU

Breakfast Prices

Kindergarten No Charge
Elementary \$1.25
Adult \$1.80
Reduced No Charge
Milk Carton \$0.45
Month \$26.25

*Students who elect to bring a meal from home and who would like to have milk with their meal are able to purchase milk at school. Meal benefits DO NOT apply.

Allergy Information:

This menu may contain one or more of the following ingredients: milk, eggs, peanuts, soybeans, tree nuts, and wheat.

The planned breakfast meal provides 350-500 calories, <10% saturated fat, and 0g trans fats!

~ Average gram (g) of carbohydrate
 Menu subject to change due to product availability and weather delays/cancellations.

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cocoa Cherry Zee Zee Bar~33g Fruit & Milk~28g	2 Egg & Cheese Wrap~14g Fruit & Milk~28g	3 Butterscotch Breakfast Bar~24g Fruit & Milk~28g	4 Mini Chocolate Chip French Toast~35g Fruit & Milk~28g	5 Grape Crescent Roll~35g Fruit & Milk~28g
8 Blueberry Breakfast Bread~43g Fruit & Milk~28g	9 Turkey Sausage Pita~15g Fruit & Milk~28g	10 Mini Cinnamon Waffles~35g Fruit & Milk~28g	11 Double Chocolate Chip Breakfast Bar~24g Fruit & Milk~28g	12 Cherry Frudel~37g Fruit & Milk~28g
15 Bug Bites Crackers~21g & String Cheese~1g Fruit & Milk~28g	16 Whole Grain Muffin Top~33g Fruit & Milk~28g	17 Brekkie~27g Fruit & Milk~28g	18 No School	19 No School
22 Triple Cherry Yogurt~15g w/Gripz~20g Fruit & Milk~28g	23 Pancake Sandwich~17g Fruit & Milk~28g	24 Oatmeal Chocolate Chip Breakfast Bar~24g Fruit & Milk~28g	25 Egg & Cheese Sandwich~19g Fruit & Milk~28g	26 Apple Frudel~36g Fruit & Milk~28g
29 Strawberry Crisp Zee Zee Bar~33g Fruit & Milk~28g	30 French Toast Sticks~38g Fruit & Milk~28g	31 Pumpkin Breakfast Bread~43g Fruit & Milk~28g		