





# Elementary SCHOOL BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> Twin Bars 43 g <b>OR</b> Cereal w/ Honey Graham Crackers 21 g</p>	<p><b>2</b> Pancake on a Stick w/syrup <b>OR</b> Cereal w/ Honey Graham Crackers 21 g</p>	<p><b>3</b> Honey Wheat Bar <b>OR</b> Cereal w/ String Cheese</p>	<p><b>4</b> Pan Dulce <b>OR</b> Cereal w/ Honey Graham Crackers</p>	<p><b>5</b> Mini Strawberry Bagel w/Cream Cheese <b>OR</b> Cereal w/ String Cheese</p>
<p><b>8</b> Mini Pancakes <b>OR</b> Cereal w/ String Cheese</p>	<p><b>9</b> Breakfast Bun <b>OR</b> Cereal w/ Honey Graham Crackers</p>	<p><b>10</b> Breakfast Bonanza  <i>Serving your favorite breakfast item!</i></p>	<p><b>11</b> </p>	<p><b>12</b> Mini Cinnis <b>OR</b> Cereal w/ String Cheese</p>
<p><b>15</b> Mini Breakfast Cluster <b>OR</b> Cereal w/ String Cheese</p>	<p><b>16</b> Pancake on a Stick w/syrup <b>OR</b> Cereal w/ Honey Graham Crackers</p>	<p><b>17</b> Pan Dulce <b>OR</b> Cereal w/ String Cheese</p>	<p><b>18</b> Bakery Fresh Muffin <b>OR</b> Cereal w/ Honey Graham Crackers</p>	<p><b>19</b> Mini French Toast <b>OR</b> Cereal w/ String Cheese</p>
<p><b>22</b> Goody Bar <b>OR</b> Cereal w/ String Cheese</p>	<p><b>23</b> Cinnamon Bun <b>OR</b> Cereal w/ Honey Graham Crackers</p>	<p><b>24</b> </p>	<p><b>25</b> </p>	<p><b>26</b> </p>
<p><b>29</b> Twin Bars 43 g <b>OR</b> Cereal w/ Honey Graham Crackers 21 g</p>	<p><b>30</b> Pancake on a Stick w/syrup <b>OR</b> Cereal w/ Honey Graham Crackers</p>			





# ELEMENTARY SCHOOL LUNCH MENU

## November



**\*Breakfast includes fresh fruit, 100% fruit juice and a variety of milk.**





**\*Lunch includes a choice of a side salad, baby carrots, fresh canned and/or dried fruit & a variety of milk**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> Cheeseburger on a Bun-28.8g Tater Tots- 14g <b>OR</b> Pillow Sandwich-28g w/ Tater Tots-, String Cheese- 2g and Gold Fish Crackers- 14g</p>	<p><b>2</b> Grilled Cheese Sandwich- 30g w/Baby Carrots- 7g <b>OR</b> Yogurt- 14g w/String Cheese- 2g, Baby Carrots- 7g and Goldfish Crackers- 14g</p>	<p><b>3</b> Chicken Nuggets and Baked Fries <b>OR</b> Pillow Sandwich28g w/ Baked Fries, String Cheese2g and Gold Fish Crackers 17g</p>	<p><b>4</b> Double Dogs Sandwich 31.5g and Baked Beans 29g <b>OR</b> Yogurt- 14g w/String Cheese- 2g, Baby Carrots- 7g and Goldfish Crackers- 14g</p>	<p><b>5</b> Domino's Cheese or Pepperoni Pizza Frozen Berry Cup</p>
<p><b>8</b> Bean and Cheese Burrito - 44.17g w/Corn 17g <b>OR</b> Pillow Sandwich28g, String 2g Cheese, Goldfish Crackers14g and Corn-17g</p>	<p><b>9</b> Turkey Taco Nada w/ -40g Pinto Beans-22g <b>OR</b> Yogurt- 14g w/String Cheese- 2g, Baby Carrots- 7g and Goldfish Crackers- 14g</p>	<p><b>10</b> Chicken Tenders w/ Seasoned Potato Wedges <b>OR</b> Pillow Sandwich 28g w/ Seasoned Potato Wedges, String Cheese2g and a Goldfish Crackers17g</p>	<p><b>11</b> </p>	<p><b>12</b> Domino's Cheese or Pepperoni Pizza Watermelon Wedge</p>
<p><b>15</b> Cheese Quesadilla 25g and an Applesauce Cup 14g <b>OR</b> Yogurt14g w/String Cheese 2g, Goldfish Crackers14g and an Applesauce Cup14g</p>	<p><b>16</b> Rib B Que on a bun 32.4g w/Corn 17g <b>OR</b> Yogurt- 14g w/String Cheese- 2g, Baby Carrots- 7g and Goldfish Crackers- 14g</p>	<p><b>17</b> Taquitos- 27g w/ Refried Beans- 22g <b>OR</b> Pillow Sandwich28g, String 2g Cheese, Goldfish Crackers14g Baby Carrots 7g</p>	<p><b>18</b> Chic ken Patty on a Bun 43g w/ Tater Tots 14g <b>OR</b> Yogurt- 14g w/String Cheese- 2g, Baby Carrots- 7g and Goldfish Crackers- 14g</p>	<p><b>19</b> Domino's Cheese or Pepperoni Pizza Frozen Berry Cup</p>
<p><b>22</b> Pupil Free Day</p>	<p><b>23</b> Pupil Free Day</p>	<p><b>24</b> </p>	<p><b>25</b> </p>	<p><b>26</b> </p>
<p><b>29</b> Bean and Cheese Burrito - 44.17g w/Green Beans 17g <b>OR</b> Pillow Sandwich28g, String 2g Cheese, Goldfish Crackers14g and Corn-17g</p>	<p><b>30</b> Turkey Taco Nada w/ -40g Pinto Beans-22g <b>OR</b> Yogurt- 14g w/String Cheese- 2g, Baby Carrots- 7g and Goldfish Crackers- 14g</p>			

\*This institution is an equal opportunity provider\*

\*Menu subject to change\*

# ELEMENTARY SCHOOL SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Cinnamon Cracker 19g Chocolate Milk	<b>2</b> Vanilla Bear Grahams 20g Very Berry Juice	<b>3</b> President Cookies 22g Chocolate Milk	<b>4</b> Apple Jack Cereal 24g 1% Milk	<b>5</b> Wheat Crackers 15g String Cheese
<b>8</b> Goldfish Pretzels 16g 1% Milk	<b>9</b> Scooby Doo Graham Stixs 21g Apple Juice	<b>10</b> Honey Roasted 5g Sunflower Kernels Chocolate Milk	<b>11</b> 	<b>12</b> Cheetos Puffs 21g Apple Juice
<b>15</b> Honey Grahams 21g Chocolate Milk	<b>16</b> Rice Krispie Treat 17g Very Berry Juice	<b>17</b> Cheez-It Crackers 14g Chocolate Milk	<b>18</b> Salsa SunChips 19g Very Berry Juice	<b>19</b> Cocoa Puff Cereal 25g 1% Milk
<b>22</b> Pupil Free Day	<b>23</b> Pupil Free Day	<b>24</b> 	<b>25</b> 	<b>26</b> 
<b>29</b> Honey Roasted 5g Sunflower Kernels Chocolate Milk	<b>30</b> <b>Doritos</b> 20G Very Berry Juice			

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*Seamless Summer*

Last all year

Must grab one fruit and one vegetable

All students qualify

One free breakfast and lunch

