

# ELEMENTARY BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1-Nov</b>	<b>2-Nov</b>	<b>3-Nov</b>	<b>4-Nov</b>
	WG Egg Turkey Sausage & Cheese Flatbread  Grapefruit Sections 100% Juice Milk	WG Reduced Sugar Cocoa Puffs FF Blueberry Yogurt Diced Mix Fruit Cup 100% Juice Milk	WG Mini Maple Waffles Strawberries 100% Juice Milk	WG Kix Berry WW Mini Loaf - Assorted Mandarin Orange Fruit Cup 100% Juice Milk
<b>7-Nov</b>	<b>8-Nov</b>	<b>9-Nov</b>	<b>10-Nov</b>	<b>11-Nov</b>
MG Frosted Flakes Cereal WG/WW Muffin - Assorted Diced Peach Fruit Cup 100% Juice Milk	WG Buttermilk Biscuit Diced Mango 100% Juice Milk Turkey Sausage Patty	WG Fruity Cheerios Cereal FF Strawberry Banana Yogurt Diced Mix Fruit Cup 100% Juice Milk	WG Cinnamon Cooked French Toast  Fruit Mix 100% Juice Milk	WG Reduced Sugar Cinnamon Toast Cereal WW Mini Loaf - Assorted Mandarin Orange Fruit Cup 100% Juice Milk
<b>14-Nov</b>	<b>15-Nov</b>	<b>16-Nov</b>	<b>17-Nov</b>	<b>18-Nov</b>
WG Cheerios Cereal WG/WW Muffin - Assorted Diced Peach Fruit Cup 100% Juice Milk	WW English Muffin Grapefruit Sections 100% Juice Milk Turkey Sausage Patty	WG Reduced Sugar Trix Cereal FF Blueberry Yogurt Diced Mix Fruit Cup 100% Juice Milk	WW Bagel Strawberries 100% Juice Milk Choice of Jelly pc	WG Golden Graham Cereal WW Mini Loaf - Assorted Mandarin Orange Fruit Cup 100% Juice Milk
<b>21-Nov</b>	<b>22-Nov</b>	<b>23-Nov</b>	<b>24-Nov</b>	<b>25-Nov</b>
WG Lucky Charms Cereal WG/WW Muffin - Assorted Diced Peach Fruit Cup 100% Juice Milk	WG Turkey Sausage Breakfast Pizza Diced Mango 100% Juice Milk	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>
<b>28-Nov</b>	<b>29-Nov</b>	<b>30-Nov</b>		
WG Total Raisin Bran Cereal WG/WW Muffin - Assorted Diced Peach Fruit Cup 100% Juice Milk	WG Egg Turkey Sausage & Cheese Flatbread  Grapefruit Sections 100% Juice Milk	WG Reduced Sugar Cocoa Puffs FF Blueberry Yogurt Diced Mix Fruit Cup 100% Juice Milk		

This institution is an equal opportunity provider.

# ELEMENTARY LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1-Nov</b>	<b>2-Nov</b>	<b>3-Nov</b>	<b>4-Nov</b>
	Beef Ravioli White Wheat Dinner Roll Orange Romaine Salad Cherry Tomatoes Asparagus Choice of Milk - 1%/Skim Choco FF Ranch Dressing	WG Cheese Pizza Grapes Corn French Fries Choice of Milk - 1%/Skim Choco Ketchup	Chicken Fajitas WG Flour Tortilla Mexican Rice Banana Beans Salsa Choice of Milk - 1%/Skim Choco	Beans Shredded Cheddar Cheese Tostada Shells Mexican Rice Pear Salsa Shredded Lettuce Choice of Milk - 1%/Skim Choco
<b>7-Nov</b>	<b>8-Nov</b>	<b>9-Nov</b>	<b>10-Nov</b>	<b>11-Nov</b>
WG Chicken Patty WG Hamburger Bun Apple Sliced Carrots Asparagus Choice of Milk - 1%/Skim Choco	WG Penne Pasta w/Meatsauce WWW Bread Orange Romaine Salad Cherry Tomatoes Choice of Milk - 1%/Skim Choco FF Ranch Dressing	Turkey Breast WG Wrap Sliced Cheddar Cheese WG Flour Tortilla Grapes Fresh Cauliflower Fresh Broccoli Choice of Milk - 1%/Skim Choco FF Ranch Dressing	Chicken Taquito Meat in Salsa WG Flour Tortilla Mexican Rice Banana Beans Choice of Milk - 1%/Skim Choco	Sloppy Joe Manwich WG Hamburger Bun Pear Corn Potato Tritater Choice of Milk - 1%/Skim Choco Ketchup
<b>14-Nov</b>	<b>15-Nov</b>	<b>16-Nov</b>	<b>17-Nov</b>	<b>18-Nov</b>
WG Corn Dog Apple Baked Beans Broccoli Choice of Milk - 1%/Skim Choco Mustard Ketchup	Nachos w/Cheese Meatsauce Tortilla Chips Ind. Bags Orange Beans Salsa Choice of Milk - 1%/Skim Choco	LS Hamburger Patty RF/RS Sliced Cheese WG Hamburger Bun Grapes Broccoli Sweet Potato Fries Choice of Milk - 1%/Skim Choco Mustard Ketchup	Baked Chicken Thigh White Wheat Dinner Roll Banana Mashed Potatoes Corn Choice of Milk - 1%/Skim Choco LS Chicken Gravy	WG Beef Bean Burrito Mexican Rice Pear Salsa Avocado Shredded Lettuce Choice of Milk - 1%/Skim Choco
<b>21-Nov</b>	<b>22-Nov</b>	<b>23-Nov</b>	<b>24-Nov</b>	<b>25-Nov</b>
Turkey Dog Chili & Beans WG Hot Dog Bun Apple Corn Sweet Potato Fries Choice of Milk - 1%/Skim Choco Ketchup	Turkey Roast Mashed Potatoes Turkey Gravy Green Beans Corn WG Dinner Roll Choice of Fruit	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>
<b>28-Nov</b>	<b>29-Nov</b>	<b>30-Nov</b>		
WG Chicken Strips WWW Bread Apple Green Beans Roasted Quartered Potatoes Choice of Milk - 1%/Skim Choco Ketchup	WW Spaghetti & Meatballs White Wheat Dinner Roll Orange Romaine Salad Cherry Tomatoes Choice of Milk - 1%/Skim Choco FF Ranch Dressing	Hoagie Sandwich RF/RS Sliced American Cheese WG Hoagie Roll Grapes Fresh Cauliflower Fresh Baby Carrots Fresh Broccoli Choice of Milk - 1%/Skim Choco FF Ranch Dressing		Choice of Milk 1% White Milk or Skim Chocolate Milk  <u>Abbreviations</u> WG = Whole Grain WWW = White Whole Wheat WW = Whole Wheat RF= Reduced Fat RS = Reduced Sodium LS - Low Sodium

# SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1-Nov</b> WG CC Oatmeal Snack Bar 100% Capri Sun Juice	<b>2-Nov</b> Sandwich Fresh Whole Fruit Milk	<b>3-Nov</b> Ritz Cheese Crackers 100% Capri Sun Juice	<b>4-Nov</b> Cheddar Cheese Chex Mix 100% Capri Sun Juice
<b>7-Nov</b> WG Animal Cracker 100% Capri Sun Juice	<b>8-Nov</b> WG Granola Snack Bar 100% Capri Sun Juice	<b>9-Nov</b> Sandwich Fresh Whole Fruit Milk	<b>10-Nov</b> WG Mixed Berry Graham Crackers 100% Capri Sun Juice	<b>11-Nov</b> Strawberry Yogurt Chex Mix 100% Capri Sun Juice
<b>14-Nov</b> Scoobt Doo Graham Crackers 100% Capri Sun Juice	<b>15-Nov</b> WG Cinnamon Crisp Snack Bar 100% Capri Sun Juice	<b>16-Nov</b> Sandwich Fresh Whole Fruit Milk	<b>17-Nov</b> Pretzels 100% Capri Sun Juice	<b>18-Nov</b> Chocolate Caramel Chex Mix 100% Capri Sun Juice
<b>21-Nov</b> Crunchamania Cinnamon Graham Crackies 100% Capri Sun Juice	<b>22-Nov</b> WG CC Oatmeal Snack Bar 100% Capri Sun Juice	<b>23-Nov</b>  <b>NO SCHOOL</b>	<b>24-Nov</b>  <b>NO SCHOOL</b>	<b>25-Nov</b>  <b>NO SCHOOL</b>
<b>28-Nov</b> WG Animal Cracker 100% Capri Sun Juice	<b>29-Nov</b> WG Granola Snack Bar 100% Capri Sun Juice	<b>30-Nov</b> Sandwich Fresh Whole Fruit Milk		

This institution is an equal opportunity provider.