



# Elementary Breakfast Menu November-February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>French Toast</b> w/Syrup <b>Turkey Bacon</b>	Mini Donuts Turkey Bacon	<b>Cinnamon Swirl</b> Turkey Bacon	Bagel & Cream Cheese Turkey Bacon	<b>Buttery Maple Waffle</b> w/Syrup Turkey Bacon
<b>Additional Daily Choices:</b>				
<b>Sausage &amp; Cheese Breakfast Biscuit</b> , Pan Dulce, Double Chocolate Muffin & Assorted Cereal Bowls, or Pop Tarts				
<b>Fruit Choices:</b>				
Strawberry Applesauce 100% Fruit Juice (4 oz)	Apple Slices 100% Fruit Juice (4 oz)	Grapes (IW) 100% Fruit Juice (4 oz)	Banana 100% Fruit Juice (4 oz)	Banana 100% Fruit Juice (4 oz)
<b>Milk Choices:</b> 1% White Milk, Fat Free Chocolate Milk, Fat Free Strawberry Milk, Soy Milk and Lactaid				

\*This institution is an equal opportunity provider



# Elementary K-5<sup>th</sup> Grade Lunch November-February 2023

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
10/31, 12/5, 1/17* & 2/14*	Turkey Taco Nada & Cookie	Chicken Tamale Refried Beans	6" Round Pepperoni Pizza	Nov & Dec - Turkey & Gravy w/Hawaiian Roll Jan & Feb - <b>Chicken Tenders</b> & Hawaiian Roll	Bean & Cheese Burrito Hot Street Corn
11/7, 12/12, 1/23 & 2/21*	General Tso Chicken w/ Chow Mein & Cookie	Carnitas Street Taco with Cilantro, Onion & Lime Refried Beans	Pepperoni Pizza Wedge	Teriyaki Beef Meatballs & Hawaiian Roll	Mac & Cheese Stir Fried String Beans
11/14, 12/19, 1/30 & 2/27	Orange Chicken w/Rice & Cookie	Mini Beef Cheeseburger Sliders & Baked Beans	6" Round Pepperoni Pizza	Nov & Dec - Turkey & Gravy w/Hawaiian Roll Jan & Feb - <b>Chicken Tenders</b> & Hawaiian Roll	<b>Cheese Stuffed Breadsticks</b> w/Marinara Sauce Caesar Salad w/Croutons
11/28, 1/10* & 2/6	<b>Chicken Smackers</b> w/Ketchup, Ranch or Buffalo Sauce & Cookie	Breaded Chicken Sandwich w/ Mayo, Pickles & Baked Beans	<b>Turkey Pepperoni French Bread Pizza</b>	Teriyaki Beef Meatballs & Hawaiian Roll	Cheese Pull Aparts (IW) w/Marinara Sauce & Brownie Cup Caesar Salad w/Croutons
<b>Vegetarian Entrée</b>	Cheesy Alfredo Penne Pasta w/Peas & Cookie	<b>Vegan Buffalo Chick'n Wings</b> & Hawaiian Roll	4 x 6 Cheese Pizza	<b>Vegan Buffalo Chick'n Wings</b> & Hawaiian Roll	Chocolate Chickpea Spread & Banana Wrap
<b>Fruits/Veggies</b>	Canned Peaches Baby Carrots (1 or 2) w/Ranch	Grapes Beans (see above)	Tropical Citrus Fruit Salad Ranch Turkey Bacon Salad w/Croutons	Mashed Potatoes Orange Wedges	Orange Wedges
<b>AT POS</b>	100% Juice (4 oz) in cooler & Bowl of Seasonal Fruit and Baby Carrots at POS				

Red = cook on site

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## Nov-Feb 2023 Afterschool Snack Menu

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
<i>10/31, 11/28, 12/19, 1/16*, 2/6 &amp; 2/27</i>	Cheez-Its & 6 oz. Juice	Bear Grahams & Milk	Cereal Bar & Milk	Educational Crackers & 6 oz. Juice	Baked Cheetos & 6 oz. Juice
<i>11/7, 12/5, 1/23 &amp; 2/14*</i>	Cool Ranch Doritos & 6 oz. Juice	Cereal Bowl & Milk	Vanilla Chat Snax & Milk	Cheddar Goldfish & 6 oz. Juice	Educational Crackers & 6 oz. Juice
<i>11/14, 12/12, 1/10*, 1/30 &amp; 2/21*</i>	Nacho Cheese Doritos & 6 oz. Juice	Bear Grahams & Milk	Cereal Bar & Milk	Pretzel Goldfish & Milk	Baked Cheetos & 6 oz. Juice

\*Menu subject to change depending upon availability.

Reimbursable Snack must provide **2** out of the **4** items listed below, per Federal & State Guidelines:

- Milk: 8 oz. Fluid Milk
- Fruit or Vegetable: ¾ cup or 6 oz. 100% fruit juice
- Protein: 1 oz. equivalent (i.e. cheese, nuts, meat)
- Grains: 1 oz. equivalent whole grain

Also, must meet the following nutritional guidelines:

0 g trans-fat; <35% of total calories from fat; <10% of total calories from saturated fat; <35% of total weight from sugar; <200 calories per individual item

### Milk Choices:

**Must offer at least 2 choices:**

- 1% White Milk
- Fat Free Chocolate Milk
- Fat Free Strawberry Milk
- Fat Free Lactaid Milk
- Soy Milk (Need a note from parent.)