



## ELEMENTARY BREAKFAST AND LUNCH MENU

AUGUST-SEPTEMBER 2023

**ELEMENTARY BREAKFAST:** PAID STUDENTS: \$1.00 // Adult/Visitor breakfast \$3.00

**ELEMENTARY LUNCH:** PAID STUDENTS: \$2.25 // Adult/Visitor lunch \$5.00

**REDUCED STUDENT BREAKFAST:** FREE // **REDUCED STUDENT LUNCH:** \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>28</b> <b>Whole Grain Maple Waffle</b>  <b>Nachos w/ Baked Tostitos</b> Baby Carrots Seasoned Pinto Beans Fresh Apple Slices	<b>29</b> <b>Sausage &amp; Cheese Biscuit</b>  <b>Chicken Tenders</b> <b>Hamburger or Cheeseburger</b> Garden Salad Whole Kernel Corn Orange Smiles Wheat Roll	<b>30</b> <b>Mini Pancakes</b>  <b>Cheese or Pepperoni Pizza</b> Garden Salad Fresh Cucumber Slices Fresh Pineapple Chunks	<b>31</b> <b>Turkey Ham &amp; Cheese Croissant</b>  <b>Spaghetti &amp; Meatballs</b> <b>Breaded Chicken Sandwich</b> Garden Salad Seasoned Green Beans Fresh Grapes	<b>1</b> <b>Whole Wheat Cinnamon Roll</b>  <b>Cheese Stuffed Breadsticks</b> <b>Mini Corn Dogs</b> Garden Salad Sweet Potato Fries Fruit or Fruit Cobbler
<b>4</b>  <b>NO SCHOOL</b>	<b>5</b> <b>French Toast Sticks</b>  <i>Breakfast for Lunch</i> <b>Chicken Tenders &amp; Waffle</b> <b>Hamburger or Cheeseburger</b> Garden Salad Potato Wedges Orange Smiles	<b>6</b> <b>Chocolate Chip Waffle</b>  <b>Cheese or Pepperoni Pizza</b> Garden Salad Fresh Cucumber Slices Fresh Cantaloupe	<b>7</b> <b>Turkey Ham &amp; Cheese Croissant</b>  <b>Cheese Enchiladas</b> <b>Hot Dog</b> Garden Salad Seasoned Pinto Beans Garden Fresh Watermelon	<b>8</b> <b>Whole Wheat Cinnamon Roll</b>  <b>Mini Corn Dogs</b> <b>Orange Chicken &amp; Lomein</b> Garden Salad Roasted Broccoli Garden Fresh Watermelon Vegetable Egg Roll
<b>11</b> <b>Whole Wheat Cinnamon Roll</b>  <b>Nachos w/ Baked Tostitos</b> Baby Carrots Seasoned Pinto Beans Fresh Apple Slices	<b>12</b> <b>Sausage &amp; Cheese Biscuit</b>  <b>Chicken Tenders</b> <b>Hamburger or Cheeseburger</b> Garden Salad Fresh Cucumber Slices Orange Smiles Wheat Roll	<b>13</b> <b>Mini Pancakes</b>  <b>Cheese or Pepperoni Pizza</b> Garden Salad Fresh Cucumber Slices Fresh Pineapple Chunks	<b>14</b> <b>Turkey Ham &amp; Cheese Croissant</b>  <b>Spaghetti &amp; Meatballs</b> <b>Beef Hot Dog</b> Garden Salad Seasoned Green Beans Fresh Berries Wheat Roll	<b>15</b> <b>Whole Wheat Cinnamon Roll</b>  <b>Popcorn Chicken</b> <b>Steak Fingers</b> Mashed Potatoes & Gravy Garden Salad Fruit or Fruit Cobbler Wheat Roll
<b>18</b> <b>Whole Wheat Cinnamon Roll</b>  <b>Beef Soft Tacos</b> Baby Carrots Seasoned Black Beans Fresh Apple Slices	<b>19</b> <b>Chocolate Chip Banana Muffin</b>  <b>Breaded Chicken Sandwich</b> <b>Hamburger or Cheeseburger</b> Garden Salad Whole Kernel Corn Orange Smiles	<b>20</b> <b>Chocolate Chip Waffle</b>  <b>Cheese or Pepperoni Pizza</b> Garden Salad Fresh Cucumber Slices Fresh Pineapple Chunks	<b>21</b> <b>Turkey Ham &amp; Cheese Croissant</b>  <b>Macaroni &amp; Cheese</b> <b>Beef Hot Dog</b> Garden Salad Baked Beans Garden Fresh Watermelon	<b>22</b> <b>Whole Wheat Cinnamon Roll</b>  <b>Cheese Stuffed Breadsticks</b> <b>Mini Corn Dogs</b> Garden Salad Fresh Cucumber Slices Fruit or Fruit Cobbler
<b>25</b>  <b>NO SCHOOL</b>	<b>26</b> <b>Maple Waffle</b>  <b>Chicken Tenders</b> <b>Hamburger or Cheeseburger</b> Baby Carrots Whole Kernel Corn Orange Smiles Wheat Roll	<b>27</b> <b>Mini Pancakes</b>  <b>Cheese or Pepperoni Pizza</b> Garden Salad Fresh Cucumber Slices Fresh Pineapple Chunks	<b>28</b> <b>Turkey Ham &amp; Cheese Croissant</b>  <b>Spaghetti &amp; Meatballs</b> <b>Breaded Chicken Sandwich</b> Garden Salad Seasoned Green Beans Red Grapes Wheat Roll	<b>29</b> <b>Whole Wheat Cinnamon Roll</b>  <b>Cheese Stuffed Breadsticks</b> <b>Mini Corn Dogs</b> Garden Salad Sweet Potato Fries Fruit or Fruit Cobbler

This institution is an equal opportunity provider.

\*Menus are subject to change without notice due to price and availability of food\*

Menus also available at [Schoolcafe.com](http://Schoolcafe.com)

Nutrient Analysis is available at <https://www.cfsd.net/Page/3593>

**A Complete Breakfast Includes:**

- Choice of 1 entrée
- 2 fruits OR 1 fruit & juice
- 1% white or fat free chocolate milk

**Daily Breakfast Features:**

- Yogurt & granola
- Oatmeal Bar
- Whole grain cereal
- 100% fruit juice
- 1% white or fat free chocolate milk

**A Complete Lunch Includes:**

- Choice of entrée
- 2 fruits
- 2 vegetables
- 1% white or fat free chocolate milk

**Weekly Lunch Entrees:**

- Monday & Friday:** Yogurt, Granola & String Cheese
- Tuesday & Thursday:** Wowbutter, String Cheese & Goldfish
- Wednesday:** Turkey Ham & Cheese Croissant

**Weekly Entrée Salads:**

- Tuesday, Wednesday & Thursday**
- September Featured Salad:
- Southwest Grilled Chicken Salad