

2011-2012 Elementary Menu



Cafeteria Breakfast Menu

DAILY OFFERINGS:
Cereal (Mini Wheats, Honey Kix, Rice Chex, Cheerios), Yogurt, Oatmeal, Fresh Fruit, 100% Fruit Juice, Low fat and Nonfat Milk

Week One

- Monday**
 - Breakfast Taco
 - Peanut Butter & Jelly Sandwich, WG
- Tuesday**
 - Waffle Sticks, WG
 - Canadian Bacon
 - Empanada
- Wednesday**
 - Ham & Cheese Croissant
 - Mini Loaf, WG
- Thursday**
 - Pancakes, WG
 - Sausage*
 - Muffin, WG
- Friday**
 - Chicken Biscuit
 - Gingerbread

Week Two

- Monday**
 - Cinnamon Rolls, WG
 - Scrambled Eggs
 - Peanut Butter & Jelly Sandwich, WG
- Tuesday**
 - Breakfast Pizza*
 - Mini Loaf, WG
- Wednesday**
 - Pancakes, WG
 - Scrambled Eggs
 - Muffin, WG
- Thursday**
 - French Toast Sticks, WG
 - Canadian Bacon
 - Soft Cinnamon Pretzel, WG
- Friday**
 - Sausage, Egg & Cheese Biscuit*
 - Gingerbread

Breakfast in the Classroom

Week One

- Monday**
 - Sausage Biscuit*
- Tuesday**
 - Waffle Sticks, WG
 - Yogurt
- Wednesday**
 - Ham & Cheese Croissant
- Thursday**
 - Peanut Butter & Jelly Sandwich, WG
 - Cereal, Assorted
- Friday**
 - Breakfast Burrito*

Breakfast in the Classroom

Week Two

- Monday**
 - Sausage Kolache*
- Tuesday**
 - French Toast Sticks, WG
 - String Cheese
- Wednesday**
 - Sausage, Egg & Cheese Biscuit*
- Thursday**
 - Pancake Sandwich*
- Friday**
 - Yogurt
 - Cereal, Assorted

CLASSROOM BREAKFAST MENU:

DAILY OFFERINGS: Fresh Fruit or 100% Fruit Juice, and Low fat and Nonfat Milk

Lunch Menu

Low fat and Nonfat milk are offered daily



Week One

- Monday**
 - Entrée (M/MA)**
 - Hamburger
 - Cheeseburger
 - Black Bean Burger
 - Southwest Salad
 - Tuna Sandwich
 - Fruit/Vegetable (F/V)**
 - Oven Fries
 - Lettuce & Tomato Salad
 - Chilled Peaches
 - Fresh Fruit
 - Grain/Breads**
 - Mini Loaf, WG
 - Crackers
- Tuesday**
 - Entrée (M/MA)**
 - Baked Penne
 - Hummus Plate
 - Crafty Chicken Salad Wrap
 - Yogurt Parfait
 - Fruit/Vegetable (F/V)**
 - Ranchero Beans
 - House Salad
 - Veggie Nibbles
 - Fresh Fruit
 - Grain/Breads**
 - Cornbread Muffin
 - Graham Cracker, WG
- Wednesday**
 - Entrée (M/MA)**
 - Chicken Tenders
 - Chef Salad
 - Bean Dippers
 - Yogurt Parfait
 - Fruit/Vegetable (F/V)**
 - Carrots
 - Mashed Potatoes
 - Oranges
 - Fresh Fruit
 - Grain/Breads**
 - Roll, WG
 - Cinnamon Bar
- Thursday**
 - Entrée (M/MA)**
 - Chicken Trazzini
 - Chicken Pasta Salad
 - PB&J Jammer
 - Chicken Caesar Salad
 - Fruit/Vegetable (F/V)**
 - Broccoli
 - Baby Carrots
 - Gala Apples
 - Fresh Fruit Salad
 - Grain/Breads**
 - Roll, WG
 - Crackers
- Friday**
 - Entrée (M/MA)**
 - Pollock w/Hushpuppies
 - Peanut Butter Dippers
 - Turkey & Cheese Sandwich
 - Chef Salad
 - Fruit/Vegetable (F/V)**
 - Green Beans
 - Fruited Gelatin
 - Broccoli Salad
 - Fresh Fruit
 - Grain/Breads**
 - Cheesy Macaroni
 - Graham Cracker, WG

Week Two

- Monday**
 - Entrée (M/MA)**
 - Pizza (WG Crust)*
 - Southwest Salad
 - Tuna Sandwich
 - Fruit/Vegetable (F/V)**
 - Steamed Veggies
 - Corn
 - House Salad
 - Fresh Fruit
 - Grain/Breads**
 - Roll, WG
 - Oatmeal Bar
- Tuesday**
 - Entrée (M/MA)**
 - Burrito
 - Chef Salad
 - Chicken Caesar Wrap
 - Yogurt Parfait
 - Fruit/Vegetable (F/V)**
 - Broccoli
 - Fruited Gelatin
 - Tex-Mex Salad
 - Fresh Fruit
 - Grain/Breads**
 - Gingerbread
 - Spanish Rice, WG
- Wednesday**
 - Entrée (M/MA)**
 - Chili Pie
 - Chicken Pasta Salad
 - Peanut Butter Sandwich
 - Chicken Caesar Salad
 - Fruit/Vegetable (F/V)**
 - Green Beans
 - Lettuce & Tomato Salad
 - Gala Apples
 - Fresh Fruit Salad
 - Grain/Breads**
 - Confetti Rice, WG
 - Cinnamon Bar
- Thursday**
 - Entrée (M/MA)**
 - Crispy Chicken
 - BBQ Chicken
 - Hummus Plate
 - Crafty Chicken Salad Wrap
 - Fruit/Vegetable (F/V)**
 - Creamed Spinach
 - Mashed Potatoes
 - Orange
 - Fresh Fruit
 - Grain/Breads**
 - Roll, WG
 - Fruit Turnover, WG
- Friday**
 - Entrée (M/MA)**
 - Pollock w/Hushpuppies
 - Grilled Chicken Sandwich
 - Ham & Cheese Sandwich
 - Yogurt Parfait
 - Fruit/Vegetable (F/V)**
 - Sweet Potato Wedges
 - Gala Apples
 - Chili Lime Cucumbers
 - Fresh Fruit
 - Grain/Breads**
 - Soft Cinnamon Pretzel, WG
 - Crackers

A-La-Carte Items

- BREAKFAST MAIN ITEM** \$1.00
 - LUNCH MAIN ITEM** \$1.50
 - FRUIT/VEGETABLE** \$0.50
 - GRAIN/BREAD** \$0.50
 - ADULT SPECIAL** \$3.00
- (Entrée, 2 Fruits/Vegetables, 1 Grain/Bread and Tea)

Meal Item Prices

- BREAKFAST MEAL** \$1.00
- LUNCH MEAL** \$1.50
- MILK** \$0.40
- 100% JUICE** \$0.50
- BOTTLED WATER** \$0.50
- SNACKS** \$0.50 - \$0.75

Vegetarian Entrees

- BEAN DIPPERS
- BLACK BEAN BURGER
- CHEESE PIZZA
- HUMMUS PLATE
- PEANUT BUTTER DIPPERS
- PEANUT BUTTER & JELLY SANDWICH
- YOGURT PARFAIT

School Meal Key

- **GO** - Foods you can eat all the time
 - **SLOW** - Foods you can eat sometime
 - **WHOA** - Foods you should eat occasionally
- WG = Whole Grain M/MA = Meat/Meat Alternate

School Meal Calendar

- Week One Meal Plan
- Week Two Meal Plan

August '11							September '11						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6		1	2	3	4	5	6	7
7	8	9	10	11	12	13	8	9	10	11	12	13	14
14	15	16	17	18	19	20	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	
October '11							November '11						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30	31					29	30	31				
December '11							January '12						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30	31					29	30	31				
February '12							March '12						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30						29	30	31				
April '12							May '12						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30						29	30	31				

*DENOTES MENU ITEMS CONTAINING PORK

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