

AUGUST/SEPTEMBER 2021 ELEMENTARY MENU

| MONDAY 8/30/21 | | TUESDAY 8/31/21 | | WEDNESDAY 9/1/21 | | THURSDAY 9/2/21 | | FRIDAY 9/3/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY | | | | | |
|---|--|---|--|---|--|--|--|---|--|--|--|--|--|
| BREAKFAST | | | | | | | | | | | | | |
| Maple Beef Sausage~ Pancake Sandwich^{^WGIW} 143 Apple Juice 60 Fruit 29-127 Milk 90-120 | | Yogurt + Oatmeal Bar^{^WGIW} 220 Orange Juice 60 Fruit 29-127 Milk 90-120 | | Turkey Ham+ + Cheese on Hawaiian Bun^{WGIW} 186 Apple Juice 60 Fruit 29-127 Milk 90-120 | | Beef + Cheese Mini Bagel^{IWWG~} 235 Orange Juice 60 Fruit 29-127 Milk 90-120 | | Cinnamon Roll^{^WGIW} 232 Apple Juice 60 Fruit 29-127 Milk 90-120 | | Pancakes^{^WG} 210 Orange Juice 60 Fruit 29-127 Milk 90-120 | | Mini Cinni Bagel^{^WGIW} 240 Orange Juice 60 Fruit 29-127 Milk 90-120 | |
| LUNCH | | | | | | | | | | | | | |
| Hamburger on Bun^{-WG} w/ Crinkle Cut Potatoes 418 OR Grilled Cheese Sandwich^{^WG} w/ Baked Fries 366 Baked Fries 110 Baby Carrots 35 Fruit 29-127 Milk 90-120 | | Chicken Patty+ Sandwich^{WG} 342 OR Pancakes^{^WG} w/ Yogurt 290 Grape Tomatoes w/ Ranch 9/55 Fruit 29-127 Milk 90-120 | | Cheese Crunchers^{^WG} w/ Marinara Sauce 487 OR Teriyaki Meatballs~ w/ Veggie Rice + Roll^{WG} 370 Celery w/ Peanut Butter Cups ^p or Ranch 3/200/55 Fruit 29-127 Milk 90-120 | | Taco~ w/ Corn + Edamame 184 OR Chik'n Nuggets^v w/ Green Beans + Carrots + Roll^{WG} 347 Scoops ^{WG} 110 Tossed Salad w/ Ranch 18/55 Fruit 29-127 Milk 90-120 | | Stuffed Crust Pizza^{WG} w/ Pepperoni[~] or Cheese[^] 320-365 OR Potato Crisp Fish Sandwich^{^WG} 360 Tossed Salad w/ Ranch 18/55 Fruit 29-127 Milk 90-120 | | BBQ Beef Rib~ Sandwich^{WGIW} 282 Veggie Juice 40 Hummus Cup 110 Fruit 29-127 Milk 90-120 | | Cheese Cavatappi^{^WG} 428 Marinara Cup 45 Baby Carrots 35 Fruit 29-127 Milk 90-120 | |

ALTERNATES: Bagel^{WG} w/ Cream Cheese or Jelly[^] · Rice Krispies^{WG} or Multi Grain Cheerios^{WG} + TRIX Yogurt[^] 4 oz · Blueberry or Cinnamon Chex^{WG} · French Toast Sticks^{WG} w/ Syrup · Raspberry Bar^{WGIW} · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk

Menu Key: ~ Beef Cal Calories ^{IW} Individually Wrapped [^] Meatless ^P Peanuts * Pork ⁺ Poultry ^v Vegan ^{WG} = Whole Grain

Menu subject to change due to product supply.

This institution is an equal opportunity provider.

SEPTEMBER 2021 ELEMENTARY MENU

| MONDAY 9/6/21 | TUESDAY 9/7/21 | WEDNESDAY 9/8/21 | THURSDAY 9/9/21 | FRIDAY 9/10/21 | NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY | |
|-----------------------|-------------------|--|---|--|---|---|
| BREAKFAST | | | | | | |
| | | CAL | | | CAL | CAL |
| HOLIDAY | NO SCHOOL | Turkey Ham⁺ + Cheese on Hawaiian Bun^{WGIW} 186 | Beef + Cheese Mini Bagel^{IWWG~} 235 | Cinnamon Roll^{^WGIW} 232 | Pancakes^{^WG} 210 | Mini Cinni Bagel^{^WGIW} 240 |
| | | Apple Juice 60 | Orange Juice 60 | Apple Juice 60 | Orange Juice 60 | Orange Juice 60 |
| | | Fruit 29-127 | Fruit 29-127 | Fruit 29-127 | Fruit 29-127 | Fruit 29-127 |
| | | Milk 90-120 | Milk 90-120 | Milk 90-120 | Milk 90-120 | Milk 90-120 |
| LUNCH | | | | | | |
| HOLIDAY | NO SCHOOL | Hot Dog⁺ on Bun^{WG} w/ Corn 317 | Chicken Drumstick^{+WG} w/ Seasoned Potatoes + Roll^{WG} 400 | Personal Pizza^{WG} w/ Pepperoni^{**} or Cheese[^] 330-375 | Turkey⁺ + Turkey Ham⁺ + Cheese Sandwich^{WGIW} 221 | Cheeseburger Sliders^{-WGIW} 272 |
| | | OR | OR | OR | | |
| | | Veggie Burger^v on Bun^{WG} w/ Crinkle Cut Potatoes 379 | Yogurt[^] w/ Granola^{WG} + Strawberry Cup 180/220/90 | Spicy Chicken Patty^{+WG} on Bun^{WG} 342 | Grape Tomatoes + Celery Sticks w/ Ranch 12/55 | Veggie Juice 40 |
| | | Baked Fries 110 | Tossed Salad w/ Ranch 18/55 | Tossed Salad w/ Ranch 18/55 | Fruit 29-127 | Baby Carrots 35 |
| Roasted Chickpeas 124 | Fruit 29-127 | Fruit 29-127 | Milk 90-120 | Fruit 29-127 | | |
| Fruit 29-127 | Milk 90-120 | Milk 90-120 | | Milk 90-120 | | |

ALTERNATES: Bagel^{WG} w/ Cream Cheese or Jelly[^] · Rice Krispies^{WG} or Multi Grain Cheerios^{WG} + TRIX Yogurt[^] 4 oz. · Blueberry or Cinnamon Chex^{WG} · French Toast Sticks^{WG} w/ Syrup · Raspberry Bar^{WGIW} · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk

SEPTEMBER 2021 ELEMENTARY MENU

| MONDAY 9/13/21 | | TUESDAY 9/14/21 | | WEDNESDAY 9/15/21 | | THURSDAY 9/16/21 | | FRIDAY 9/17/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY | | | | | |
|---|--|---|--|--|--|---------------------|--|--|--|--|--|--|--|
| CAL | | CAL | | CAL | | CAL | | CAL | | | | | |
| BREAKFAST | | | | | | | | | | | | | |
| Maple Beef Sausage~ Pancake Sandwich^{^WGIW} 143 Apple Juice 60 Fruit 29-127 Milk 90-120 | | Yogurt + Oatmeal Bar^{^WGIW} 220 Orange Juice 60 Fruit 29-127 Milk 90-120 | | Turkey Ham* + Cheese on Hawaiian Bun^{WGIW} 186 Apple Juice 60 Fruit 29-127 Milk 90-120 | | NO SCHOOL | | Cinnamon Roll^{^WGIW} 232 Apple Juice 60 Fruit 29-127 Milk 90-120 | | Pancakes^{^WG} 210 Orange Juice 60 Fruit 29-127 Milk 90-120 | | Mini Cinni Bagel^{^WGIW} 240 Orange Juice 60 Fruit 29-127 Milk 90-120 | |
| LUNCH | | | | | | | | | | | | | |
| Hamburger on Bun^{~WG} w/ Crinkle Cut Potatoes 418 OR Grilled Cheese Sandwich^{^WG} w/ Baked Fries 366 Baked Fries 110 Baby Carrots 35 Fruit 29-127 Milk 90-120 | | Chicken Patty* Sandwich^{WG} 342 OR Pancakes^{^WG} w/ Yogurt 290 Grape Tomatoes w/ Ranch 9/55 Fruit 29-127 Milk 90-120 | | Cheese Crunchers^{^WG} w/ Marinara Sauce 487 OR Chik'n Nuggets^v w/ Corn + Roll^{WG} 400 Roasted Chickpeas 124 Fruit 29-127 Milk 90-120 | | NO SCHOOL | | Stuffed Crust Pizza w/ Pepperoni* or Cheese^{^WG} 320-365 OR Potato Crisp Fish Sandwich^{^WG} 360 Celery w/ Peanut Butter Cups ^p or Ranch 3/200/55 Fruit 29-127 Milk 90-120 | | BBQ Beef Rib~ Sandwich^{WGIW} 282 Veggie Juice 40 Hummus Cup 110 Fruit 29-127 Milk 90-120 | | Cheese Cavatappi^{^WG} 428 Marinara Cup 45 Baby Carrots 35 Fruit 29-127 Milk 90-120 | |

ALTERNATES: Bagel^{WG} w/ Cream Cheese or Jelly[^] · Rice Krispies^{WG} or Multi Grain Cheerios^{WG} + TRIX Yogurt[^] 4 oz · Blueberry or Cinnamon Chex^{WG} · French Toast Sticks^{WG} w/ Syrup · Raspberry Bar^{WGIW} · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk

SEPTEMBER 2021 ELEMENTARY MENU

| MONDAY 9/20/21 | | TUESDAY 9/21/21 | | WEDNESDAY 9/22/21 | | THURSDAY 9/23/21 | | FRIDAY 9/24/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY | | | | | |
|---|--|--|--|--|--|--|--|---|--|--|--|---|--|
| BREAKFAST | | | | | | | | | | | | | |
| Maple Beef Sausage~ Pancake Sandwich^{^WGIW} 143 Apple Juice 60 Fruit 29-127 Milk 90-120 | | Yogurt + Oatmeal Bar^{^WGIW} 220 Orange Juice 60 Fruit 29-127 Milk 90-120 | | Turkey Ham⁺ + Cheese on Hawaiian Bun^{WGIW} 186 Apple Juice 60 Fruit 29-127 Milk 90-120 | | Beef + Cheese Mini Bagel^{IWWG~} 235 Orange Juice 60 Fruit 29-127 Milk 90-120 | | Cinnamon Roll^{^WGIW} 232 Apple Juice 60 Fruit 29-127 Milk 90-120 | | Pancakes^{^WG} 210 Orange Juice 60 Fruit 29-127 Milk 90-120 | | Mini Cinni Bagel^{^WGIW} 240 Orange Juice 60 Fruit 29-127 Milk 90-120 | |
| LUNCH | | | | | | | | | | | | | |
| Chicken Bites^{+WG} w/ Mac + Cheese + Roll^{WG} 546 OR Teriyaki Meatballs~ w/ Veggie Rice + Roll^{WG} 370 Baby Carrots + Grape Tomatoes w/ Ranch 12/55 Fruit 29-127 Milk 90-120 | | Cheesesteak Potato Bowl~ w/ Seasoned Potatoes + Roll^{WG} 465 OR Veggie Burger^v on Bun^{WG} w/ Crinkle Cut Potatoes 379 Baked Fries 110 Celery w/ Ranch 3/55 Fruit 29-127 Milk 90-120 | | Hot Dog⁺ on Bun^{WG} w/ Ranchero Beans 430 OR French Toast Sticks^{WG} w/ Sausage* 346 Broccoli 15 Roasted Chickpeas 124 Fruit 29-127 Milk 90-120 | | Mini Chicken Soft Tacos^{+WG} w/ Corn 365 OR Yogurt[^] w/ Granola^{WG} + Strawberry Cup 180/220/90 Tossed Salad w/ Ranch 18/55 Fruit 29-127 Milk 90-120 | | Personal Pizza^{WG} w/ Pepperoni⁺⁺ or Cheese[^] 330-375 OR Spicy Chicken Patty^{+WG} on Bun^{WG} 342 Tossed Salad w/ Ranch 18/55 Fruit 29-127 Milk 90-120 | | Turkey⁺ + Turkey Ham⁺ + Cheese Sandwich^{WGIW} 221 Grape Tomatoes + Celery Sticks w/ Ranch 12/55 Fruit 29-127 Milk 90-120 | | Cheeseburger Sliders^{-WGIW} 272 Veggie Juice 40 Salsa Cup 25 Fruit 29-127 Milk 90-120 | |

ALTERNATES: Bagel^{WG} w/ Cream Cheese or Jelly[^] · Rice Krispies^{WG} or Multi Grain Cheerios^{WG} + TRIX Yogurt[^] 4 oz · Blueberry or Cinnamon Chex^{WG} · French Toast Sticks^{WG} w/ Syrup · Raspberry Bar^{WGIW} · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk

SEPTEMBER/OCTOBER 2021 ELEMENTARY MENU

| MONDAY 9/27/21 | | TUESDAY 9/28/21 | | WEDNESDAY 9/29/21 | | THURSDAY 9/30/21 | | FRIDAY 10/1/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY | | | | | |
|---|--------|--|--------|---|--------|---|--------|---|--------|---|--------|--------------|--------|
| CAL | | CAL | | CAL | | CAL | | CAL | | | | | |
| BREAKFAST | | | | | | | | | | | | | |
| Maple Beef Sausage~ Pancake Sandwich^{^WGIW} 143 | | Yogurt + Oatmeal Bar^{^WGIW} 220 | | Turkey Ham* + Cheese on Hawaiian Bun^{WGIW} 186 | | Beef + Cheese Mini Bagel^{IWWG-} 235 | | Cinnamon Roll^{^WGIW} 232 | | | | | |
| Apple Juice | 60 | Orange Juice | 60 | Apple Juice | 60 | Orange Juice | 60 | Apple Juice | 60 | | | | |
| Fruit | 29-127 | Fruit | 29-127 | Fruit | 29-127 | Fruit | 29-127 | Fruit | 29-127 | | | | |
| Milk | 90-120 | Milk | 90-120 | Milk | 90-120 | Milk | 90-120 | Milk | 90-120 | | | | |
| | | | | | | | | Pancakes^{^WG} 210 | | | | | |
| | | | | | | | | Orange Juice | | 60 | | | |
| | | | | | | | | Fruit | | 29-127 | | | |
| | | | | | | | | Milk | | 90-120 | | | |
| | | | | | | | | | | Mini Cinni Bagel^{^WGIW} 240 | | | |
| | | | | | | | | | | Orange Juice | 60 | | |
| | | | | | | | | | | Fruit | 29-127 | | |
| | | | | | | | | | | Milk | 90-120 | | |
| LUNCH | | | | | | | | | | | | | |
| Hamburger on Bun^{-WG} w/ Crinkle Cut Potatoes 418 | | Chicken Patty* Sandwich^{WG} 342 | | Cheese Crunchers^{^WG} w/ Marinara Sauce 382 | | Taco~ w/ Corn + Edamame 184 | | Stuffed Crust Pizza w/ Pepperoni* or Cheese^{^WG} 320-365 | | Grilled Cheese Sandwich^{^WGIW} 282 | | | |
| OR | | OR | | OR | | OR | | OR | | Marinara Cup | | 45 | |
| Chik'n Nuggets^v w/ Seasoned Potatoes + Roll^{WG} 400 | | Pancakes^{^WG} w/ Yogurt 290 | | Pulled Turkey* BBQ w/ Cornbread Bowl^{WG} 360 | | Thai Sweet Chili Chicken* w/ Veggie Rice^{WG} + Roll^{WG} 371 | | Potato Crisp Fish Sandwich^{^WG} 360 | | Assorted Vegetables w/ Ranch | | 20/55 | |
| Baked Fries | 110 | Grape Tomatoes w/ Ranch | 9/55 | Celery w/ Ranch | 3/55 | Scoops ^{WG} | 110 | Tossed Salad w/ Ranch | 18/55 | Fruit | 29-127 | Baby Carrots | 35 |
| Baby Carrots | 35 | Roasted Chickpeas | 124 | Veggie Juice | 40 | Tossed Salad w/ Ranch | 18/55 | Fruit | 29-127 | Milk | 90-120 | Veggie Juice | 40 |
| Fruit | 29-127 | Fruit | 29-127 | Fruit | 29-127 | Fruit | 29-127 | Milk | 90-120 | Fruit | 29-127 | Fruit | 29-127 |
| Milk | 90-120 | Milk | 90-120 | Milk | 90-120 | Milk | 90-120 | Milk | 90-120 | Milk | 90-120 | Milk | 90-120 |

ALTERNATES: Bagel^{WG} w/ Cream Cheese or Jelly[^] · Rice Krispies^{WG} or Multi Grain Cheerios^{WG} + TRIX Yogurt[^] 4 oz. · Blueberry or Cinnamon Chex^{WG} · French Toast Sticks^{WG} w/ Syrup · Raspberry Bar^{WGIW} · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk

Menu Key: ~ Beef Cal Calories ^{IW} Individually Wrapped [^] Meatless ^P Peanuts * Pork ^v Poultry ^v Vegan ^{WG} = Whole Grain

Menu subject to change due to product supply.

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