

2023-2024 ELEMENTARY SCHOOL AND K-8 CYCLE MENU

Revised 08/1/2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST – WEEK 1				
Choose 2 Chilled Blended Fruit Juice Fresh Apple Slices Choose 1 French Toast Sticks (2G/0M) Cereal & Cheese Stick (1G/1M) Choose 1 Milk I M	Choose 2 Cherry Star Vegetable Juice Blend Orange Wedges Choose 1 Ham & Cheese Croissant (1G/1M) Cereal & Nutri-Grain Bar (2G/0M) Choose 1 Milk I T	Choose 2 Chilled Apple Juice Fresh Banana Choose 1 Egg & Cheese Stuffed Hashbrown (1.25G/1M) Cereal & Cheese Stick (1G/1M) Choose 1 Milk I W	Choose 2 Chilled Orange Juice Fresh Apple Slices Choose 1 Sausage Breakfast Pizza (1G/1M) Cereal & Nutri-Grain Bar (2G/0M) Choose 1 Milk I H	Choose 2 Chilled Blended Fruit Juice Fresh Pear Choose 1 Maple Mini Pancakes (2G/0M) Cereal & Cheese Stick (1G/1M) Choose 1 Milk I F
LUNCH – WEEK 1				
Choose 1 Protein & Grain Fiesta Queso Macaroni & Cheese w/Dinner Roll (2G/1.75M) Chicken Teriyaki over Rice w/Dinner Roll (2G/2M) Morningstar Chik'n Nuggets w/Dinner Roll (2G/2M) Add: Stir Fried Cabbage Garden Vegetable Bar House Salad (½ C DG, ¼ C R/O, 0.25 G) Baby Carrots (½ C R/O) Broccoli Florets (½ C DG) Fruit Bar Fresh Melon or Clementine Chilled Mixed Fruit Assorted Dressings Choose 1 Milk I M G MIN: 2 M MIN: 1.75	Choose 1 Protein & Grain Chicken Tenders w/Garlic Bread (2.25G/1.25M) Spaghetti & Meat Sauce w/Garlic Bread (2.5G/1.5M) Mini Calzones w/Dipping Sauce (2G/2M) Add: Steamed Broccoli (½ C DG) Garden Vegetable Bar Tossed Salad (½ C DG) Celery Sticks Fruit Bar Apple Wedges Frozen Mixed Berry or Peach Cup Assorted Dressings Choose 1 Milk I T G MIN: 2 M MIN: 1.25	Choose 1 Protein & Grain Cheese Pizza (2G/2M) Pepperoni Pizza (2G/2M) Sloppy Joe Sliders (2G/2M) Add: Candy Corn (1/2 C S) Garden Vegetable Bar Baby Spinach (½ C DG) Grape Tomatoes (½ C R/O) Cucumber Slices Fruit Bar Fresh Pear Applesauce Cup Assorted Dressings Choose 1 Milk I W G MIN: 2 M MIN: 2	Choose 1 Protein & Grain Cheese Quesadillas (2G/2M) All Beef Hot Dog/Bun (2G/2M) Lasagna w/Garlic Bread (1.75G/2M) Add: Baked Beans (½ C B) Garden Vegetable Bar Greek Salad (¼ C DG, ¼ C R/O) Baby Carrots (½ C R/O) Cauliflower Florets Fruit Bar Orange Wedges Strawberry Shortcake Assorted Dressings Choose 1 Milk I H G MIN: 1.75 M MIN: 2	Choose 1 Protein & Grain Crispy Chicken/Bun (3.25G/2.25M) Cheeseburger (2G/3M) Grilled Cheese Sandwich (2G/2M) Add: Curly Fries (½ C S) Tomato Basil Soup (½ C R/O) Garden Vegetable Bar Tossed Salad (½ C DG) Sliced Tomato & Pickles (½ C R/O) Fruit Bar Chilled Peaches Graham Banana Bites (0.25 G) Assorted Dressings Choose 1 Milk I F G MIN: 2 M MIN: 2
SACC SNACK – WEEK 1				
Milk (1 Ctn) Blueberry Lemon Crispy Bites (1 Pkg)	Milk (1 Ctn) Fresh Pear (1 Pear)	Ice Water (6 oz Cup) Cheese Stick (1 Pkg) Fresh Orange Wedges (6 Qtrs)	Milk (1 Ctn) Annie's Bunny Cheddar Crackers (1 Pkg)	Milk (1 Ctn) Fresh Apple (1 Apple)

 Vegetarian Entree

 Entrée Prepared Fresh in Each School Kitchen

Yogurt  with Fruit Bread; SunWise Sandwich  & Cheese Stick w/Crackers; and MYO Salad with Fruit Bread available daily.

ALL LUNCHES INCLUDE A CHOICE OF SKIM or LOW-FAT UNFLAVORED MILK.
 G MIN: 8 M MIN: 8 1 C Starchy, ½ C Bean, 3 ¼ C DG, 2 3/8 C R/O, 2 C Other