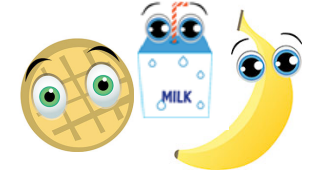




# ELEMENTARY MENUS



National School Breakfast Week is March 4 - March 11, 2019.

FUEL UP with a nutritious breakfast and prizes in the cafeteria daily, beginning at 7 a.m.

Monday, March 4	Tuesday, March 5	ASH WEDNESDAY, March 6	Thursday, March 7	LENT - Friday, March 8
<p><b>JOIN US FOR NEW BREAKFAST ITEMS THIS WEEK!</b></p> <p>French Toast Sticks, 4 (38) &amp; Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &amp;/or Milk (13-20)</p>	<p>Pork Chop Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &amp;/or Milk (13-20)</p>  	<p>Bakery Style Cinnamon Roll (37) or Fruit &amp; Yogurt Parfait (29) with Fresh Baked Granola (17), Fruit (~15), 100% Fruit Juice (15) &amp;/or Milk (13-20)</p>	<p>Breakfast Burrito (23) &amp; Goldfish Grahams (19) or Plain or Blueberry Bagel (28-34) with Cream Cheese (1), Nutella (10), or Wow Butter (8), Fruit (~15), Fruit Juice (15) &amp;/or Milk (13-20)</p>	<p>Top it Off Oatmeal (32+) with Choice of Toppings: Brown Sugar &amp; Cinnamon (14), Chocolate Chips (10), Fruit (~15) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &amp;/or Milk (13-20)</p>
<p>Corn Dog (30) Yogurt (*) &amp; Cereal (*) or Salad Plate (*) Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23) Milk (13-20)</p>	<p>Salisbury Steak (2)/Gravy (5) or Ham &amp; Cheese Sandwich (29) or Salad Plate (*) Glazed Carrots, ½ c. (13) Mashed Potatoes, ½ c. (15) Bread, 1 slice (18) Fresh Fruit, ½ c. (8-15) Pineapple Tidbits, ½ c. (18) Milk (13-20)</p>	<p>Chicken Strips, 3 (17) or Wow Butter &amp; Jelly Jammer (28) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Sweet Peas, ½ c. (9) Roll (22) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23) Milk (13-20)</p>	<p>Mandarin Orange Chicken (19) or Chicken Fajita Wrap (15) or Salad Plate (*) Golden Corn, ½ c. (16) Fiesta Rice, ½ c. (21) Shredded Cheese, 1 oz. (1) Shredded Lettuce &amp; Tomato, ¼ c. (4) Fresh Fruit Assortment (~15) Fruit Sidekicks (20) Milk (13-20), Sour Cream, 1 oz. (4)</p>	<p>Chili, ½ c. (11), Crackers (5 per pack) or Salad Plate (*) Grilled Cheese Sandwich (15 for Half) or Wow Butter Sandwich (*) Carrot &amp; Celery Sticks, ½ cup (4) Orange Wedges, ½ c. (15) Pear Cup, ½ c. (20) Milk (13-20) FF Ranch Dressing (6)</p>
Monday, March 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	LENT - Friday, March 15
<p>Mini Cinnis (39) or Sausage Pancake on a Stick (*) &amp; Syrup (31), Fruit (~15), Fruit Juice (15) &amp;/or Milk (13-20)</p>	<p>Breakfast Pizza (22) or Fruit &amp; Yogurt Parfait (29) with Cereal (*), Fruit (~15), 100% Fruit Juice (15) &amp;/or Milk (13-20)</p>	<p>Canadian Bacon, Egg, &amp; Cheese Croissant (31) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &amp;/or Milk (13-20)</p>	<p>Breakfast Burrito (23) or Muffins (27-31), Goldfish Grahams (19), Fruit (~15), Fruit Juice (15) &amp;/or Milk (13-20)</p>	<p>Sausage Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &amp;/or Milk (13-20)</p>
<p>Chicken (15) on Bun (31) or Ham &amp; Cheese Sandwich (32) or Salad Plate (*) Baked Chips (15-17) Golden Corn, ½ c. (16) Garden Salad, ¼ c. (4) w/ Dressing (*) Fresh Fruit, ½ c. (8-15) Fruit Slush Cup (20) Milk (13-20)</p>	<p>Spaghetti, ½ c. (21) w/ Meat Sauce (*) &amp; Shredded Cheese, 1 oz. (1), Breadstick (14) or Turkey Sandwich (28) or Salad Plate (*) Garden Salad, ¼ c. (4) w/ Dressing (*) Green Beans, 1/2 c. (4) Fresh Fruit, ½ c. (8-15) Fruit Sidekicks (20) Milk (13-20)</p>	<p>Chicken Smackers, 10 (20) or Yogurt (*) &amp; Cereal (*) or Salad Plate (*) Waffle (37), Syrup (31) Southern-Style Hash Browns, ½ c. (14) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit, ½ c. (8-15) Peach Slices, ½ c. (12) Milk (13-20)</p>	<p>Beef Taco, 3 oz. (4) or Hot Turkey &amp; Cheese Sandwich (32) or Salad Plate (*) Shredded Cheese, 1 oz. (1) Golden Corn, ½ c. (16), Fiesta Rice, ½ c. (21) Tortilla Chips (18), Salsa, ¼ c. (4) Shredded Lettuce &amp; Tomato, ¼ c. (4) Fresh Fruit, ½ c. (8-15) Mixed Fruit Cup, ½ c. (18), Milk (13-20)</p>	<p>Tony's Cheese or Pepperoni Deep Dish Personal Pizza (35-38) or Ham &amp; Cheese Sandwich (32) or Salad Plate (*) Golden Corn, ½ c. (16) Garden Salad, ¼ c. (4) w/ Dressing (*) Fresh Fruit, ½ c. (8-15) Fruit Slush Cup (20) Milk (13-20)</p>
Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	LENT - Friday, March 22
<p>Eggo Mini Pancakes (35) &amp; Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &amp;/or Milk (13-20)</p>	<p>Strawberry Smoothies, 18 oz. (86) &amp; Grahams (19) or French Toast Sticks, 4 (38), Fruit (~15), 100% Fruit Juice (15) &amp;/or Milk (13-20)</p>	<p>Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &amp;/or Milk (13-20)</p>	<p>Breakfast Burrito (23) or Muffins (27-31), Goldfish Grahams (19), Fruit (~15), Fruit Juice (15) &amp;/or Milk (13-20)</p>	<p>Chicken (6) Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &amp;/or Milk (13-20)</p>
<p>Hot Dog (2) on Bun (27) or Ham &amp; Cheese Sandwich (32) or Salad Plate (*) White Cheddar Cheetos (17) Fresh Veggie Cup, ½ c. (2.5) Baked Beans, ½ c. (29) Fresh Fruit, ½ c. (8-15) Diced Pears, ½ c. (14) Milk (13-20)</p>	<p><b>BREAKFAST FOR LUNCH</b> Sausage (0) &amp; Eggs (0) Biscuit (26) &amp; Gravy, ½ c. (10) or Salad Plate (*) Southern-Style Hash Browns, ½ c. (14) Fresh Veggie Cup, ½ c. (2.5) Cinnamon Baked Apples, ½ c. (36) Fresh Fruit (~15), Milk (13-20)</p>	<p>Chicken Strips, 3 (17) or Yogurt (*) &amp; Cereal (*) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13) Roll (22) Fresh Fruit, ½ c. (8-15) Peaches, ½ c. (12) Milk (13-20)</p>	<p>Hamburger (1) on Bun (25) or Ham &amp; Cheese Sandwich (32) or Salad Plate (*) Romaine Lettuce &amp; Tomato, ¼ c. (0.6) Onion 1/8 c. Potato Smiles, 4 ea. (28) Baked Beans, ½ c. (29) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23), Milk (13-20)</p>	<p>Chicken Alfredo (39) &amp; Grilled Cheese Sandwich (15 for Half) or Salad Plate Fresh Veggie Cup, ½ cup (4) Steamed Broccoli, ½ cup (5) Grapes, ½ cup (~15) Fresh Fruit (~15) Milk (13-20)</p>
Monday, March 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28	Friday, March 29
<p>French Toast Sticks, 4 (38) &amp; Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &amp;/or Milk (13-20)</p>	<p>Pork Chop Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &amp;/or Milk (13-20)</p>	<p>Bakery Style Cinnamon Roll (37) or Fruit &amp; Yogurt Parfait (29) with Fresh Baked Granola (17), Fruit (~15), 100% Fruit Juice (15) &amp;/or Milk (13-20)</p>	<p>Breakfast Burrito (23) &amp; Goldfish Grahams (19) or Plain or Blueberry Bagel (28-34) with Cream Cheese (1), Nutella (10), or Wow Butter (8), Fruit (~15), Juice (15) &amp;/or Milk (13-20)</p>	<p>Top it Off Oatmeal (32+) with Choice of Toppings: Brown Sugar &amp; Cinnamon (14), Chocolate Chips (10) or 6-pk Donuts (41), Fruit (~15), Juice (15) &amp;/or Milk (13-20)</p>
<p>Mini Corn Dogs, 6 (30) Yogurt (*) &amp; Cereal (*) or Salad Plate (*) Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23) Milk (13-20)</p>	<p>Salisbury Steak (2)/Gravy (5) or Ham &amp; Cheese Sandwich (32) or Salad Plate (*) Glazed Carrots, ½ c. (13) Mashed Potatoes, ½ c. (15) Bread, 1 slice (18) Fresh Fruit, ½ c. (8-15) Pineapple Tidbits, ½ c. (18), Milk (13-20)</p>	<p>Chicken Strips, 3 (17) or Yogurt (*) &amp; Cereal (*) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Sweet Peas, ½ c. (9) Roll (22) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23) Milk (13-20)</p>	<p>Mandarin Orange Chicken (19) or Chicken Fajita Wrap (15) or Salad Plate (*) Golden Corn, ½ c. (16), Fiesta Rice, ½ c. (21) Shredded Cheese, 1 oz. (1) Shredded Lettuce &amp; Tomato, ¼ c. (4) Fresh Fruit Assortment (~15) Fruit Sidekicks (20) Milk (13-20), Sour Cream, 1 oz. (4)</p>	<p>Big Daddy's Four Cheese or Pepperoni Pizza (35) or Ham &amp; Cheese Sandwich (32) or Salad Plate (*) Golden Corn, ½ c. (16) Garden Salad, ¼ c. (4) w/ Dressing (*) Fresh Fruit, ½ c. (8-15) Fruit Sidekicks (20) Milk (13-20)</p>