



FOOD SERVICES BRANCH

Local District 6, 7 & 8 Elementary Breakfast and Lunch Menus



A Great Part of Your Day

BREAKFAST

MONDAY

1. Egg & Chorizo Taco
2. Chicken Fillet w/Fruit Bar
3. Belgian Waffle Sticks w/Chicken Fillet
4. Blueberry Muffin w/String Cheese ☺
5. Assorted Cereal w/Graham Crackers ☺

TUESDAY

1. Old Fashioned Coffee Cake w/Sausage
2. Burrito of the Day
3. French Toast (Original or Cinnamon) w/Sausage
4. Bagel w/Cream Cheese ☺
5. Assorted Cereal w/Graham Crackers ☺

WEDNESDAY

1. Biscuits w/Jelly, and Chicken Fillet or Scrambled Eggs
2. Blueberry Muffin or Cinnamon Roll w/Chicken Fillet
3. Pancakes w/Chicken Fillet
4. Toasted Cheese Sandwich ☺
5. Assorted Cereal w/Yogurt ☺

THURSDAY

1. Old Fashioned Coffee Cake w/Sausage
2. Cheese Quesadilla or Egg and Chorizo Taco
3. French Toast (Original or Cinnamon) w/Sausage
4. Peanut Butter & Jelly Pocket ☺
5. Assorted Cereal w/Graham Crackers ☺

FRIDAY

1. Burrito of the Day
2. Cheese Pizza Bagel ☺
3. Pancakes w/Sausage
4. Sausage in-a-Blanket
5. Assorted Cereal w/Graham Crackers ☺

LUNCH *Dates: 10/15, 11/05, 11/26, 12/17, 01/14, 02/04, 02/25, 04/07*

MONDAY

1. Pizza (Cheese or Pepperoni)
 2. Peanut Butter & Jelly Pocket ☺
 3. Yogurt Parfait w/Bread Stick ☺
- Sides:** Veggies w/Ranch Dip and Assorted Fruit ☺

TUESDAY

1. Hamburger
 2. Turkey Breast & Cheese Sandwich
 3. Classic Chicken Caesar Salad w/Whole Wheat Roll
- Sides:** Lettuce/Tomato Cup, Potato Wedges, La Fruit Blend Cup or Mr. Frosty Cup ☺

WEDNESDAY

1. Beef Teriyaki & Steamed White Rice
 2. Roast Beef & Cheese Sandwich
 3. Chinese Chicken Salad w/Hawaiian Roll
- Sides:** Hot Vegetables of the Day and Assorted Fruit ☺

THURSDAY

1. Chicken Nuggets w/Whole Wheat Roll
 2. Ham** & Cheese Sandwich
 3. Yogurt Parfait w/Bread Stick ☺
- Sides:** Mixed Green Salad, Assorted Fruit, Mango Bar or Raspberry Bar ☺

FRIDAY

1. Taco Bean Dip w/Tortilla Chips
 2. Tuna Salad Sandwich
 3. Chef's Salad w/Bread Stick
- Sides:** Lettuce Cup and Assorted Fresh Fruit ☺

LUNCH *Dates: 10/22, 11/13, 12/03, 01/02, 01/22, 02/11, 03/03, 03/24*

MONDAY

1. Beef Chalupa or Wings of Fire w/Cheese Bread
 2. Peanut Butter & Jelly Pocket ☺
 3. Yogurt Parfait w/Bread Stick ☺
- Sides:** Assorted Fruit, Frozen Strawberry/Raspberry Bar ☺

TUESDAY

1. Chicken Patty Sandwich
 2. Turkey Breast & Cheese Sandwich
 3. Classic Chicken Caesar Salad w/Bread Stick
- Sides:** Lettuce/Tomato Cup, Potato Wedges and Assorted Fresh Fruit ☺

WEDNESDAY

1. Spaghetti w/Meat Sauce and Cheese Bread or Beef Lasagna w/Whole Wheat Roll
 2. Roast Beef & Cheese Sandwich
 3. Chinese Chicken Salad w/Whole Wheat Roll
- Sides:** Mixed Green Salad, and Frozen Olé or Grape Juice Bar ☺

THURSDAY

1. Mini Corn Dogs or Corn Dog
 2. Ham** & Cheese Sandwich
 3. Yogurt Parfait w/Bread Stick ☺
- Sides:** Fresh Veggies w/Ranch Dip and Assorted Fruit ☺

FRIDAY

1. Taco Triangles
 2. Tuna Salad Sandwich
 3. Chef's Salad w/Hawaiian Roll
- Sides:** Lettuce/Tomato Cup and Assorted Fresh Fruit ☺

LUNCH *Dates: 10/29, 11/19, 12/10, 01/07, 01/28, 02/19, 03/10*

MONDAY

1. Burrito of the Day
 2. Peanut Butter & Jelly Pocket ☺
 3. Yogurt Parfait w/Bread Stick ☺
- Sides:** Assorted Fruit, Frozen Lemon Bar or Super Sherbet Junior Cup ☺

TUESDAY

1. Pizza (Cheese or Pepperoni)
 2. Turkey Breast & Cheese Sandwich
 3. Classic Chicken Caesar Salad w/Bread Stick
- Sides:** Veggies w/Ranch Dip and Assorted Fresh Fruit ☺

WEDNESDAY

1. Cheeseburger
 2. Roast Beef & Cheese Sandwich
 3. Chinese Chicken Salad w/Hawaiian Roll
- Sides:** Lettuce/Tomato Cup, Potato Wedges, Fruit Punch Bar, Frozen Fruit Juice Treat ☺

THURSDAY

1. Chicken Teriyaki & Steamed White Rice
 2. Ham** & Cheese Sandwich
 3. Yogurt Parfait w/Bread Stick ☺
- Sides:** Hot Vegetables of the Day, Assorted Fruit ☺

FRIDAY

1. Chicken Nuggets w/Whole Wheat Roll
 2. Tuna Salad Sandwich
 3. Chef's Salad w/Whole Wheat Roll
- Sides:** Mixed Green Salad, Assorted or Fresh Fruit ☺

Offered Daily: Non-Fat Milk, 1% Milk, or Non-Fat Chocolate Milk.
 Students are also offered a variety of fruits, vegetables, and juices to make up a complete meal.
 Our Sandwiches are made with Whole Wheat Bread

☺ Denotes Vegetarian option (may include dairy and egg products)
 ** The Ham we serve is a turkey based meat, it does not contain pork.

Menu is subject to change.
 This Institution is an equal opportunity provider.
 * Lunch menu is on a 3 week cycle