

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					
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		Pancakes^{^WG} 210		Mini Cinni Bagel^{^WGIW} 240	
Apple Juice	60	Orange Juice	60	Apple Juice	60	Orange Juice	60	Apple Juice	60	Orange Juice	60	Orange Juice	60
Fruit	60-90	Fruit	60-90	Fruit	60-90	Fruit	60-90	Fruit	60-90	Fruit	60-90	Fruit	60-90
Milk	90-120	Milk	90-120	Milk	90-120	Milk	90-120	Milk	90-120	Milk	90-120	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^{WG} w/ Pepperoni[~] or Cheese[^] 320-365		BBQ Beef Rib~ Sandwich^{WGIW} 282		Cheese Cavatappi^{^WG} 428	
OR		OR		OR		OR		OR		OR		OR	
Grilled Cheese Sandwich^{^WG} w/ Baked Fries 366		Pancakes^{^WG} w/ Yogurt 290		Teriyaki Meatballs~ w/ Veggie Rice + Roll^{WG} 370		Chik'n Nuggets^v w/ Green Beans + Carrots + Roll^{WG} 347		Potato Crisp Fish Sandwich^{^WG} 360		Weggie Juice 40		Marinara Cup 45	
Baked Fries	110	Grape Tomatoes w/ Ranch	9/55	Celery w/ Peanut Butter Cups ^p	3/55/200	Scoops ^{WG}	110	Tossed Salad w/ Ranch	18/55	Hummus Cup	110	Baby Carrots	35
Baby Carrots	35	Fruit	60-90	or Ranch	3/55/200	Tossed Salad w/ Ranch	18/55	Fruit	60-90	Fruit	60-90	Fruit	60-90
Fruit	60-90	Milk	90-120	Fruit	60-90	Fruit	60-90	Milk	90-120	Milk	90-120	Milk	90-120
Milk	90-120			Milk	90-120	Milk	90-120						

ALTERNATES: (1) Blueberry WG Chex · (2) Hummus Cups^v OR (2) Cheese Sticks[^] OR (2) Peanut Butter Cups^{pv} OR (1) PBJ (Uncrustable)^{pv} OR Turkey* (No Cheese) Sandwich^{WGIW} · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk