

BEFORE SCHOOL, AFTER SCHOOL AND ANYTIME IN BETWEEN  
**NUTRITIOUS AND INNOVATIVE MENUS**  
 ELEMENTARY SCHOOL



MONDAY   JAN 30	TUESDAY   JAN 31	WEDNESDAY   FEB 1	THURSDAY   2	FRIDAY   3
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**BREAKFAST**

Turkey Sausage Breakfast Pizza	American Breakfast Sandwich	Biscuit w/Old Fashioned Country Gravy & Scrambled Eggs	Hot Cheesy Grits w/Whole Grain Biscuit <b>V</b>	Colby Cheese Omelet w/Whole Grain Biscuit
Ultra Berry Bread <b>V</b>	Maple Madness Mini Waffles <b>V</b>	Oatmeal Raisin Breakfast Round <b>V</b>	Bagel w/ Cream Cheese <b>V</b>	Strawberry Banana Bash Yogurt w/Graham Crackers
Fresh Apple Grape Juice	Orange Smiles Diced Pears	Fresh Pear Apple Juice	Fresh Apple Pineapple Tidbits	Fresh Banana Orange Juice

Daily offerings include, assorted cereal bowls with graham crackers or assorted muffins with cheese stick. All breakfast entrées include choice of **skim or low-fat unflavored milk**. All grain products are whole grain rich. **V** denotes vegetarian choices (including milk and eggs) and **VE** denotes vegan choices. Locally Sourced items noted in **green**. This menu is subject to change and based upon product availability.

**LUNCH**

Cheese Pizza <b>V</b>	Bean & Cheese Enchiladas w/ Spanish Brown Rice <b>V</b>	Belgian Croque-Monsieur	<b>World of Flavors</b> Peri Peri Chicken with Oven Fired Flatbread	Chicken and Vegetable Dumplings w/ Veggie Lo Mein
Veggie Pizza <b>V</b>	Veggie Burger <b>V</b>	Lentil Dal w/Oven Fired Flatbread <b>V</b>	Grilled Cheese Sandwich <b>V</b>	Mumbo Tofu w/ Veggie Fried Rice <b>V</b>
Buffalo Chicken Wrap	Spinach Salad <b>V</b> w/Dinner Roll	Chicken Salad Sandwich	Garden Wrap <b>V</b>	Sunbutter & Jelly Sandwich <b>VE</b>
Roasted Broccoli & Carrots Caesar Side Salad	Sweet Plantains Frijoles ala Charro	Sauteed Kale w/Ginger Soy Roasted Potatoes	Teriyaki Vegetables Sweet Yellow Corn	Seasoned Potato Wedges Romaine Side Salad
Orange Wedges Red Seedless Grapes	Fresh Pear Red Seedless Grapes	Fresh Banana Applesauce	Fresh Pear Diced Peaches	Fresh Whole Apple Pineapple Tidbits

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MONDAY   6	TUESDAY   7	WEDNESDAY   8	THURSDAY   9	FRIDAY   10
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**BREAKFAST**

Chocolate French Toast Bites w/Syrup	Egg & Cheese Bagel <b>V</b>	Cinnamon Roll <b>V</b>	Turkey Sausage & Biscuit Breakfast Sandwich	Hearty Oatmeal <b>VE</b> with Warm Berries
Orange Cranberry Round	Apple Frudel <b>V</b>	Maple Madness Mini Waffles <b>V</b>	Strawberry Guava Danish <b>V</b>	Cinnamon French Toast Bites
Orange Smiles Apple Juice	<i>Fresh Pears</i> <i>Pineapple Tidbits</i>	<i>Baked Cinnamon Apples</i> <i>Orange Juice</i>	<i>Fresh Banana</i> <i>Orange Smiles</i>	<i>Warm Berries</i> <i>Grape Juice</i>

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**LUNCH**

Bean & Cheese Nachos <b>V</b>	Crispy Chicken Sandwich	Spaghetti Marinara and Turkey Meatballs with Cheesy Breadstick	Crispy Chicken Drumstick with Dinner Roll	Spicy Asian Chicken and Veggie Fried Rice
Veggie Burger <b>V</b>	Vegan Rainbow Chili <b>VE</b> with Tortilla Chips	Lasagna Roll Up <b>V</b> with Cheesy Breadstick	Falafel and Vegetable Sub <b>V</b>	Veggie Pizza <b>V</b>
Classic Hummus Box <b>VE</b>	Egg Salad Sandwich <b>V</b>	Hearty Garden Salad <b>V</b> With Tortilla Chips	Jerk Chicken Wrap	Tuna Salad Sandwich
<i>Basil Corn Salad</i> <i>Sweet Plantains</i>	<i>Moroccan Spiced Carrots</i> <i>Sweet Peas</i>	<i>Mixed Garden Vegetables</i> <i>Cesar Side Salad</i>	<i>Roasted Sweet Potatoes</i> <i>Sauteed Spinach</i>	<i>Collard Greens</i> <i>Cesar Side Salad</i>
<i>Fresh Tangerines</i> <i>Diced Pears</i>	<i>Red Seedless Grapes</i> <i>Pineapple Tidbits</i>	<i>Fresh Banana</i> <i>Diced Peaches</i>	<i>Fresh Whole Apple</i> <i>Red Seedless Grapes</i>	<i>Fresh Pears</i> <i>Applesauce</i>

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MONDAY   13	TUESDAY   14	WEDNESDAY   15	THURSDAY   16	FRIDAY   17
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**BREAKFAST**

Pancake & Breakfast Sausage on a Stick w/Syrup	Hearty Oatmeal w/Warm Berries <b>VE</b>	Biscuit with Old Fashioned Country Gravy and Turkey Sausage	Whole Grain French Toast Sticks <b>VE</b> with Syrup	Hot Cheesy Grits <b>V</b> With Biscuit
Mini Blueberry Waffles <b>V</b>	Plain Bagel w/Cream Cheese <b>V</b>	Strawberry Banana Bash Yogurt w/Graham Crackers	Cinnamon Mini Bagels <b>V</b>	Ultra Berry Bread <b>V</b>
<i>Fresh Apple Slices</i> <i>Orange Juice</i>	<i>Warm Berries</i> <i>Mixed Fruit Salad</i>	<i>Diced Peaches</i> <i>Apple Juice</i>	<i>Baked Cinnamon Apples</i> <i>Fresh Pears</i>	<i>Fresh Banana</i> <i>Grape Juice</i>

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**LUNCH**

Grilled Cheese and Tomato Soup <b>V</b>	<b>Valentine's Day Brunch</b> Whole Grain Pancakes w/ Warm Berry Compote <b>V</b> & Scrambled Eggs	Herbs de Provence Drumstick with Dinner Roll	Veggie Burger <b>V</b>	Popcorn Chicken Bowl With Dinner Roll
Vegan Penne Pasta Bake <b>VE</b> with Cheesy Breadstick <b>V</b>	Chana Masala <b>VE</b> w/Oven Fired Flatbread <b>V</b>	Vegan Veggie Lo Mein <b>VE</b>	Cauliflower, Chickpea, & Potato Curry <b>V</b> with Brown Rice	Falafel and Vegetable Sub <b>V</b>
Buffalo Chicken Wrap	Sunbutter and Jelly Sandwich <b>VE</b>	Classic Hummus Box <b>VE</b>	Hearty Garden Salad <b>V</b> With Tortilla Chips	Spinach Salad <b>V</b> with Dinner Roll
<i>Three Bean Salad</i> <i>Mexican Corn</i>	<i>Parmesan Green Beans</i> <i>Aloo Palak (Indian Spinach &amp; Potatoes)</i>	<i>Garlic Mashed Potatoes</i> <i>Sauteed Spinach</i>	<i>Seasoned Potato Wedges</i> <i>Curry Side Veggies</i>	<i>Garden Side Salad</i> <i>Roasted Broccoli</i>
<i>Fresh Tangerine</i> <i>Red Seedless Grapes</i>	<i>Fresh Pear</i> <i>Diced Peaches</i>	<i>Red Seedless Grapes</i> <i>Applesauce</i>	<i>Fresh Banana</i> <i>Orange Wedges</i>	<i>Fresh Whole Apple</i> <i>Mixed Fruit Salad</i>

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MONDAY   20	TUESDAY   21	WEDNESDAY   22	THURSDAY   23	FRIDAY   24
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**BREAKFAST**

NO	NO	NO	NO	NO
SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL

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**LUNCH**

PRESIDENT'S DAY	FEBRUARY BREAK	FEBRUARY BREAK	FEBRUARY BREAK	FEBRUARY BREAK
NO	NO	NO	NO	NO
SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL

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MONDAY   27	TUESDAY   28	WEDNESDAY   MAR 1	THURSDAY   2	FRIDAY   3
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**BREAKFAST**

Whole Grain French Toast Sticks with Syrup <b>VE</b>	Hearty Oatmeal With Warm Berries <b>VE</b>	Egg & Cheese Breakfast Burrito w/Green Chile Salsa	Pancake & Sausage Breakfast on a Stick	Egg & Cheese Bagel Sandwich
Mini Blueberry Waffles <b>V</b>	Oatmeal Raisin Breakfast Round <b>V</b>	Maples Madness Mini Waffles	Apple Frudel <b>V</b>	Strawberry Guava Danish <b>V</b>
<i>Fresh Apple Slices</i> Orange Juice	<i>Warm Berries</i> <i>Pineapple Tidbits</i>	<i>Orange Smiles</i> <i>Apple Juice</i>	<i>Fresh Banana</i> <i>Mixed Fruit Salad</i>	<i>Fresh Pear</i> <i>Grape Juice Cup</i>

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**LUNCH**

Jamaican Jerk Chicken with Brown rice	Grecian Chicken and Citrus Brown Rice Bowl w/Roasted Chickpeas	Bean & Cheese Nachos <b>V</b>	Chicken and Waffles w/ <i>Natural Syrup</i>	Baja Fish Tacos
Vegan BBQ Sloppy Joe <b>VE</b>	Mediterranean Flatbread <b>V</b>	Sunbutter & Jelly Sandwich <b>VE</b>	Vegan Rainbow Chili <b>VE</b> w/Tortilla Chips	Chana Masala <b>VE</b> with Oven Fired Flatbread <b>V</b>
Classic Hummus Box <b>VE</b>	Hearty Garden Salad With Dinner Roll <b>V</b>	Chicken Caesar Wrap	Greek Salad w/Dinner Roll <b>V</b>	Tuna Salad Sandwich
<i>Seasoned Black Beans</i> <i>Mexican Roasted Sweet Potatoes</i>	<i>Citrus Glazed Carrots</i> <i>Fiesta Vegetables</i>	<i>Parmesan Green Beans</i> <i>Roasted Mexican Corn</i>	<i>Seasoned Collard Greens</i> <i>Roasted Cauliflower</i>	<i>Sauteed Spinach</i> <i>Mexican Black Beans</i>
<i>Orange Wedges</i> <i>Applesauce</i>	<i>Fresh Whole Apple</i> <i>Orange Wedges</i>	<i>Fresh Tangerine</i> <i>Fresh Banana</i>	<i>Fresh Pear</i> <i>Baked Cinnamon Apples</i>	<i>Fresh Banana</i> <i>Fresh Tangerine</i>

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