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



MONDAY | 7 TUESDAY | 8 WEDNESDAY | 9 THURSDAY | 10 FRIDAY | 11

BREAKFAST

NO	NO	Egg & Cheese Flatbread Sandwich V	Turkey Sausage English Muffin	NO
SCHOOL	SCHOOL	Cinnamon French Toast Bites V	Mini Blueberry Waffles V	SCHOOL
		<i>Fresh Banana Grape Juice</i>	<i>Orange Smiles Diced Pears</i>	

Daily offerings include fresh sliced apples, 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

		Chicken and Broccoli Alfredo with Twisted Breadstick	General Tso's Chicken Stir Fry & Veggie Lo Mein	
NO	NO	Grilled Cheese Sandwich V	Baked Tofu & Veggie Lo Mein V	NO
SCHOOL	SCHOOL	Chicken Salad Sandwich	Hearty Garden Salad V with Tortilla Chips	SCHOOL
		<i>Roasted Broccoli & Carrots Sautéed Kale with Ginger</i>	<i>Roasted Broccoli Spicy Asian Vegetable Blend</i>	
		<i>Orange Wedges Pineapple Tidbits</i>	<i>Fresh Banana Applesauce</i>	

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MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
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BREAKFAST

Hearty Oatmeal VE <i>With Warm Berries</i>	French Toast Sticks VE <i>with Syrup</i>	Cheese & Egg Breakfast Burrito V <i>w/Green Chile Salsa</i>	Pancake & Turkey Sausage Breakfast on a Stick	Egg & Cheese Bagel Sandwich V
Mini Blueberry Waffles V	Tropical Mango Breakfast Round V	Cinnamon Roll Smoothie V <i>w/Graham Crackers</i>	Protein Power Up Box V	Honey Pear & Cranberry Parfait V <i>With Graham Crackers</i>
<i>Warm Berries</i> <i>Orange Juice</i>	<i>Fresh Apple</i> <i>Pineapple Tidbits</i>	<i>Orange Smiles</i> <i>Apple Juice</i>	<i>Fresh Banana</i> <i>Mixed Fruit Salad</i>	<i>Fresh Pears</i> <i>Grape Juice</i>

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LUNCH

Jamaican Jerk Chicken <i>with Brown rice</i>	Grecian Chicken & Citrus Rice Bowl <i>with Roasted Chickpeas</i>	Bean & Cheese Nachos V	World of Flavors Harissa Chicken <i>with Brown Rice</i>	Baja Fish Tacos
Bean & Cheese Nachos V	Mediterranean Flatbread V	Vegan BBQ Sloppy Joe VE	Chicken and Waffles <i>with Natural Syrup</i>	Chana Masala VE <i>With Oven Fired Flatbread</i> V
Classic Hummus Box VE	Hearty Garden Salad V <i>With Dinner Roll</i>	Chicken Caesar Wrap	Greek Salad V	Tuna Salad Sandwich
<i>Seasoned Black Beans</i> <i>Seasoned 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>Apple Sauce</i>	<i>Fresh Whole Apple</i> <i>Red Seedless Grapes</i>	<i>Fresh Tangerines</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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MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
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BREAKFAST

Hot Cheesy Grits V with Biscuit	American Breakfast Sandwich	NO	NO	NO
Ultra Berry Bread V	Maple Madness Mini Waffles V	SCHOOL	SCHOOL	SCHOOL
<i>Fresh Apple</i> Grape Juice	<i>Orange Smiles</i> Diced Pears			

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LUNCH

	Holiday Meal			
Cheese Pizza V	Herb de Provence Chicken with Maple Mustard Sauce and Dinner Roll	NO	NO	NO
Veggie Pizza V	Vegan Rainbow Chil VE with Brown Rice	SCHOOL	SCHOOL	SCHOOL
Buffalo Chicken Wrap	Spinach Salad V With Dinner Roll			
Roasted Broccoli & Carrots Ceasar Side Salad	Seasoned Green Beans Garlic Mashed Potatoes with Gravy			
Orange Wedges Red Seedless Grapes	Baked Cinnamon Apples Red Seedless Grapes			

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MONDAY | 28 TUESDAY | 29 WEDNESDAY | 30 THURSDAY | DEC 1 FRIDAY | DEC 2

BREAKFAST

Chocolate French Toast Bites V with Syrup	Egg & Cheese Bagel V	Cinnamon Roll V	Turkey Sausage Biscuit Breakfast Sandwich	Hearty Oatmeal VE with Warm Berries
Orange Cranberry Round V	Protein Power Up Box V	Maple Madness Mini Waffles V	Strawberry Guava Danish V	Honey Pear & Cranberry Parfait V With Graham Crackers
Orange Smiles Apple Juice	<i>Fresh Pears</i> Pineapple Tidbits	Baked Cinnamon Apples Orange Juice	<i>Fresh Banana</i> Orange Smiles	Warm Berries Grape Juice

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LUNCH

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

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MONDAY | 5 TUESDAY | 6 WEDNESDAY | 7 THURSDAY | 8 FRIDAY | 9

BREAKFAST

Orange Cranberry Round V	Wild West Scrambled Eggs V with Buttered Toast	Biscuit with Old Fashioned Country Gravy and Turkey Sausage	French Toast Sticks VE with Syrup	Hot Cheesy Grits V With Biscuit
Mini Blueberry Waffles V	Cinnamon Roll Smoothie V w/Graham Crackers	Honey Pear & Cranberry Parfait V w/Graham Crackers	Cinnamon Mini Bagels V	Ultra Berry Bread V
<i>Fresh Apple</i> Orange Juice	<i>Fresh Tangerine</i> Mixed Fruit Salad	<i>Diced Peaches</i> Apple Juice	<i>Baked Cinnamon Apples</i> <i>Fresh Pears</i>	<i>Fresh Banana</i> Grape Juice

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LUNCH

Grilled Cheese and Tomato Soup V	Chicken Parm Pasta with Garlic Knot	Herb de Provence Drumstick with Dinner Roll	Cauliflower, Chickpea, & Potato Curry V with Brown Rice	Popcorn Chicken Bowl With Dinner Roll
Vegan Penne Pasta Bake VE	Chana Masala V With Oven Fired Flatbread	Vegan Veggie Lo Mein VE	Veggie Burger V	Falafel and Vegetable Sub V
Buffalo Chicken Wrap	Sunbutter and Jelly Sandwich VE	Classic Hummus Box VE	Hearty Garden Salad V With Tortilla Chips	Spinach Salad V with Dinner Roll
<i>Three Bean Salad</i> <i>Mexican Corn</i>	<i>Black Bean & Corn Salad</i> <i>Aloo Palak (Indian Spinach & Potatoes)</i>	<i>Garlic Mashed Potatoes</i> <i>Sauteed Spinach</i>	<i>Seasoned Potato Wedges</i> <i>Roasted Butternut Squash</i>	<i>Garden Side Salad</i> <i>Roasted Broccoli</i>
<i>Fresh Tangerine</i> Red Seedless Grapes	<i>Fresh Pear</i> Diced Peaches	Red Seedless Grapes Applesauce	<i>Fresh Banana</i> Orange Wedges	<i>Fresh Whole Apple</i> Mixed Fruit Salad

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