

# Elementary Breakfast & Lunch Menus 2/4/19 – 6/19

## Carbohydrate Counts

*\*Breakfast Kits vary check with kitchen 15g-72g*

Monday

Tuesday

Wednesday

Thursday

Friday

			Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b>	2/4 2/25 3/18 4/15 5/6 5/27	<b>*Breakfast Menu</b>	Pop Tart 38g String Cheese 1g Applesauce Cup 15g	Breakfast Pizza 31g Orange Juice 14g	Granola Bar 17-24g varies check with kitchen Yogurt 40g Dried Cranberries 28g	Pancake Wrap 15g Apple Juice 13g	Western Omelet 2g WG Muffin 32g Fruit Cup Varies check with kitchen
		<b>Lunch Menu</b>	Cheesy Breadsticks 28g Pepper Slices 5g Diced Peaches 29g	Mini Corn Dogs 30g Mashed Sweet Potatoes 27g	Pepperoni Pizza 32-42 varies check with kitchen 100% Fruit Juice 14g	Oranges Chicken 12g Rice 11g Asian Blend Vegetable 4g	Koegel's Hot Dog 8g Bun 19g Chili 16g Tater Tots 16g Baked Beans 29g
<b>Week Two</b>	2/11 3/4 4/1 4/22 5/13	<b>*Breakfast Menu</b>	Pop Tart 38g Applesauce Cup 15g	Breakfast Pizza 31g Orange Juice 14g	Granola Bar 17-24g varies check with kitchen Yogurt 40g Dried Cranberries 28g	Pancake Wrap 15g Apple Juice 13g	Western Omelet 2g WG Muffin 32g Fruit Cup Varies check with kitchen
		<b>Lunch Menu</b>	Chicken Nuggets 9g Roll 19g Oven Fries 20-25 varies check with kitchen Corn 17g	Beef Taco Stick 32g Refried Beans 16g Tropical Fruit 15g	Macaroni & Cheese 29g WG Muffin 32g	Chicken Tenders 16g Animal Crackers 22g California Blend 5g	Hamburger 2g Cheese 1g Bun 25g Baked Beans 16g
<b>Week Three</b>	2/18 3/11 4/8 4/29 5/20	<b>*Breakfast Menu</b>	Pop Tart 38g Applesauce Cup 15g	Breakfast Pizza 31g Orange Juice 14g	Granola Bar 17-24g varies check with kitchen Yogurt 40g Dried Cranberries 28g	Pancake Wrap 15g Apple Juice 13g	Western Omelet 2g WG Muffin 32g Fruit Cup Varies check with kitchen
		<b>Lunch Menu</b>	Turkey & Gravy 2g Mashed Potatoes 15g Breadstick 17g	Chicken Patty 13g Bun 25g Oven Fries 20-25 varies check with kitchen Roasted Red Pepper Hummus 6g 100% Sidekick	Pepperoni Calzone 32g Diced Pears 14g	Beef Ravioli 30g Roll 19g Mixed Vegetables 12g	Taco Meat & Cheese 26g RF Doritos 18g Refried Beans 16g Salsa 3g 100% Fruit Juice 14g  <u>Sub Sandwich 29g</u>

Menu subject to change without notice

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