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Elementary School Breakfast & Lunch Menu

January 05 - January 30, 2009

♥ Try Our Heart Smart Menu Items

2008 - 2009 Meal Prices

Breakfast	Lunch
Student (All Grades) - \$0.75	Elementary Students - \$150
Reduced (All Grades) - \$0.30	Reduced - \$0.40
Adult/Visitor - \$1.75	Adult/Visitor - \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday	
 Waiver Day 5	<p>Breakfast: Pop Tart / Sausage Link & Toast w/ Jelly</p> <p>Lunch: Chef Salad Meal or Galaxy Pepperoni or Cheese Pizza Seasoned Corn Seasoned Green Beans ♥ Chilled Applesauce ♥</p> 6	<p>Breakfast: Waffle Sticks w/ Syrup Canadian Bacon</p> <p>Lunch: Chef Salad Meal or Hamburger on Bun Oven Roasted Potatoes Lettuce, Tomatoes, & Pickles ♥ Chilled Pears ♥</p> 7	<p>Breakfast: Egg & Cheese Biscuit Bacon</p> <p>Lunch: Chef Salad Meal or Chicken Patty & Wheat Roll Mashed Potatoes Steamed Broccoli ♥ Spiced Apples ♥</p> 8	<p>Breakfast: Sausage Roll Scrambled Eggs w/ Salsa</p> <p>Lunch: Chef Salad Meal or Southwest Scramble w/ Mini Tortillas Garden Blend Vegetables Lettuce & Diced Tomatoes Congealed Mixed Fruit ♥</p> 9	Protein -29 gm Carbohydrates - 91 gm Fat - 21 gm Calories - 656 % of Calories from Fat -29%
<p>Breakfast: Breakfast Burrito</p> <p>Lunch: Chef Salad Meal or Burrito w/ Cheese Sauce Oven Roasted Potatoes Seasoned Carrots ♥ Spiced Apples ♥</p> 12	<p>Breakfast: Scrambled Eggs Sausage Patty & Toast w/ Jelly</p> <p>Lunch: Chef Salad Meal or Crispy Fish on Bun Seasoned Green Beans Confetti Coleslaw ♥ Chilled Pears ♥</p> 13	<p>Breakfast: French Toast w/ Syrup Bacon</p> <p>Lunch: Chef Salad Meal or Chili Mac w/ Breadstick Seasoned Mixed Vegetables Garden Salad w/ Drsg. ♥ Peach Cup ♥</p> 14	<p>Breakfast: Skillet Scramble w/ Cinnamon Toast</p> <p>Lunch: Chef Salad Meal or Mini Corn Dogs w/ Mustard Seasoned Pinto Beans Squash Caliente ♥ Chilled Mixed Fruit ♥</p> 15	 Teacher Preparation Day	Protein - 32 gm Carbohydrates - 100 gm Fat - 20 gm Calories - 702 % of Calories from Fat - 26%
Martin Luther King Holiday 19	<p>Breakfast: Sunshine Omelet, Bacon, & Toast w/ Jelly</p> <p>Lunch: Chef Salad Meal or Quesadilla Golden Oven Fries Seasoned Green Beans ♥ Chilled Applesauce ♥</p> 20	<p>Breakfast: Sausage Roll Toast w/ Jelly</p> <p>Lunch: Chef Salad Meal or Spaghetti & Meatballs w/ Breadstick Garden Salad w/ Drsg. ♥ Seasoned Carrots ♥ Chilled Pears ♥</p> 21	<p>Breakfast: Chick-in-a-Biscuit</p> <p>Lunch: Chef Salad Meal or Hot Dog w/ Mustard Texas Ranch Beans Fresh Vegetable Cup ♥ Strawberries w/ Whip Topping ♥</p> 22	<p>Breakfast: Breakfast Pizza Toast w/ Jelly</p> <p>Lunch: Chef Salad Meal or Chicken Nuggets & Wheat Roll Mashed Potatoes Mixed Vegetables ♥ Chilled Peaches ♥</p> 23	Protein -29 gm Carbohydrates - 92 gm Fat - 23 gm Calories - 677 % of Calories from Fat -30%
<p>Breakfast: Pancake w/ Syrup Sausage Link</p> <p>Lunch: Chef Salad Meal or Steak Fingers & Wheat Roll Mashed Potatoes Steamed Broccoli ♥ Apple Crisp ♥</p> 26	<p>Breakfast: Skillet Scramble w/ Toast & Jelly</p> <p>Lunch: Chef Salad Meal or Galaxy Pepperoni or Cheese Pizza Seasoned Corn Seasoned Green Beans ♥ Fresh Orange Wedges ♥</p> 27	<p>Breakfast: Golden Sunshine Square Canadian Bacon</p> <p>Lunch: Chef Salad Meal or Hamburger on Bun Golden Oven Fries Lettuce, Tomatoes, & Pickles ♥ Chilled Mixed Fruit ♥</p> 28	<p>Breakfast: Egg & Cheese Biscuit Bacon</p> <p>Lunch: Chef Salad Meal or Chicken Tenders & Wheat Roll Mashed Potatoes Garden Blend Vegetables ♥ Cherry Crisp ♥</p> 29	<p>Breakfast: Sausage Roll w/ Toast & Jelly</p> <p>Lunch: Chef Salad Meal or Soft Taco w/ Salsa Refried Beans Lettuce & Diced Tomatoes ♥ Chilled Applesauce ♥</p> 30	Protein - 31 gm Carbohydrates - 99gm Fat - 23 gm Calories - 704 % of Calories from Fat - 29%

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A variety of low fat & skim milks are offered with all breakfasts & lunches as part of the meal.

Cold cereal & toast are offered daily as an alternate to the hot breakfast menu.

Menus may be subject to change

Breakfast also includes 100% fruit juice