



read
play
learn
run
dream



Elementary Breakfast Menu 2019

Meal Prices	
Student	
Breakfast	\$1.70
Reduced	.30
Lunch	
Lunch	\$2.75
Reduced	.40
Adult	
Breakfast	\$2.15
Lunch	\$3.60
Extra Milk	.50

NON-DISCRIMINATION:
All children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, religion, national origin, age or handicap. If you believe you have been discriminated against, write immediately to the USDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

All Meals Served With Choice of Milk:

- 1% White
- Fat Free Strawberry
- Fat Free Chocolate
- 100% Fortified Juice Offered

Breakfast Cereals are reduced sugar and whole grain

Fresh Fruits & Vegetable Bar Offered

Monday	Tuesday	Wednesday	Thursday	Friday
5 BREAKFAST PACKS	6 BREAKFAST PACKS	7	1 BREAKFAST PACKS	2 BREAKFAST PACKS
12 	13 NEW SCHOOL YEAR STARTS 	14 CONFETTI PANCAKES OR ASSORTED POP TARTS	15 COCOA PUFFS FILLED PASTRY OR CEREAL VARIETY PACKS	16 APPLE CINNAMON TOAST OR ASSORTED POP TARTS
19 BREAKFAST PIZZA OR ASSORTED POP TARTS	20 WHOLE GRAIN DONUT OR CEREAL VARIETY PACKS	21 CONFETTI PANCAKES OR ASSORTED POP TARTS	22 COCOA PUFFS FILLED PASTRY OR CEREAL VARIETY PACKS	23 APPLE CINNAMON TOAST OR ASSORTED POP TARTS
26 BREAKFAST PIZZA OR ASSORTED POP TARTS	27 WHOLE GRAIN DONUT OR CEREAL VARIETY PACKS	28 CONFETTI PANCAKES OR ASSORTED POP TARTS	29 COCOA PUFFS FILLED PASTRY OR CEREAL VARIETY PACKS	30 APPLE CINNAMON TOAST OR ASSORTED POP TARTS



My Plate is based on the current dietary guidelines released by the government, which encourages Americans to eat more fruits, vegetables, whole grains, and fewer processed foods. It is a reminder to find your healthy eating style and build it throughout your lifetime.

Money may be deposited into your students meal account by sending cash or personal checks payable to the school nutrition center or by paying online with a credit/debit card using www.myschoolbucks.com





Elementary Lunch Menu 2019

Meal Prices
Student
Breakfast \$1.70
Reduced .30
Lunch \$2.75
Reduced .40
Adult
Breakfast \$2.15
Lunch \$3.60
Extra Milk .50

NON-DISCRIMINATION:
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All Meals Served With Choice of Milk:

- 1% White
- Fat Free Strawberry
- Fat Free Chocolate
- 100% Fortified Juice Offered

Breakfast Cereals are reduced sugar and whole grain

Monday	Tuesday	Wednesday	Thursday	Friday
			1 COUNTRY STYLE STEAK MASHED POTATOES & GRAVY DINNER ROLL	2 TURKEY & CHEESE SANDWICH CHEDDAR SUNCHIPS
5 CHICKEN NUGGETS MAC N CHEESE	6 CHEESE PIZZA SUMMER SESSION ENDS	7 Welcome Back To School	8	9
12	13 NEW SCHOOL YEAR STARTS ➔	14 SPAGHETTI, BREADSTICK OR MINI CORN DOGS	15 CHICKEN PATTY MASHED POTATOES & GRAVY DINNER ROLL OR BEAN & CHEESE BURRITO, SALSA	16 FIESTADA PIZZA OR BREAKFAST SAUSAGE & EGGS BISCUIT *CHERRY CRISP
19 CHICKEN & WAFFLES, SYRUP OR HOT DOG	20 BEEF ENCHILADAS MEXICAN-STYLE RICE OR CHICKEN SANDWICH *BIRTHDAY TREAT DAY	21 FISH STICKS, MAC N CHEESE OR CHEESEBURGER	22 MEATLOAF MASHED POTATOES & GRAVY HOT ROLL OR NACHO BITES, SALSA	23 SLOPPY JOE SANDWICH BAKED FRIES OR CHEESE RIPPER, MARINARA
26 CHICKEN TERIYAKI LO MEIN NOODLES FORTUNE COOKIE OR CHEESEBURGER	27 HOT HAM & CHEESE ON WG GOLDFISH BREAD SWEET POTATO TRAX OR FIESTA NACHOS	28 LASAGNA ROLLUP OR MINI CORNDOGS	29 BREADED CHICKEN DRUMSTICK MASHED POTATOES & GRAVY DINNER ROLL OR BEAN & CHEESE BURRITO	30 CHEESE PIZZA OR BREAKFAST CHEESY EGGS FRENCH TOAST STICKS



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Fresh Fruits & Vegetable Bar Offered Daily.