

2019

January

Elementary Early Education 3-5yr Breakfast Menu

We accept free and reduced-price meal applications all year long. Contact your school for an application. They are also available on-line at: <https://nutrition.isdschools.org/>



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

WG - Whole Grain

Fresh Fruits & Vegetable Offered Daily.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 HAPPY NEW YEAR	2 NO SCHOOL	3 WG CHEERIOS WG TOAST PEARS MILK	4 WG BLUEBERRY BASH PANCAKES ORANGE WEDGES MILK
7 WG STRAWBERRY PANCAKES APPLESAUCE MILK	8 WG RICE CHEX CEREAL WG TOAST BLUEBERRIES MILK	9 WG BISCUITS & GRAVY BANANA MILK	10 WG CONFETTI PANCAKES ORANGE WEDGES MILK	11 WG CHEERIOS WG TOAST PEARS MILK
14 WG BISCUIT CHEESY SCRAMBLED EGGS PEACHES MILK	15 WG BANANA PANCAKES STRAWBERRIES MILK	16 WG TRK/SAU BREAKFAST PIZZA BANANA MILK	17 WG CHEERIOS WG TOAST PEARS MILK	18 NO SCHOOL
21 MLK Day	22 WG RICE CHEX CEREAL WG TOAST BLUEBERRIES MILK	23 WG BISCUITS & GRAVY BANANA MILK	24 WG CONFETTI PANCAKES ORANGE WEDGES MILK	25 WG CHEERIOS WG TOAST STRAWBERRIES MILK
28 WG BISCUIT EGG PATTY SCRAMBLE W/CHEESE PEACHES MILK	29 WG BANANA PANCAKES STRAWBERRIES MILK	30 WG TRK/SAU BREAKFAST PIZZA BANANA MILK	31 WG CHEERIOS WG TOAST PEARS MILK	



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 MypaymentsPlus.com

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Elementary Early Education 3-5 yr Lunch Menu



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WG - Whole Grain

Fresh Fruits & Vegetable Offered Daily.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 	2 NO SCHOOL	3 WG CHICKEN PATTY MASHED POTATOES & GRAVY WG DINNER ROLL GREEN BEANS MIXED SALAD GREENS RANCH DRESSING BLUEBERRIES MILK	4 ORANGE CHICKEN STIR-FRY WG STEAMED RICE PEAS & CARROTS MIXED SALAD GREENS ITALIAN DRESSING STRAWBERRIES MILK
7 WG FISH STICKS WG TWISTED MAC N CHEESE GREEN BEANS MIXED SALAD GREENS ITALIAN DRESSING PEACHES MILK	8 WG BEEF ENCHILADAS WG MEXICAN RICE COOKED CARROTS MIXED SALAD GREENS RANCH DRESSING HOT SPICED APPLES MILK	9 WG CHICKEN ALFREDO WG BREADSTICK STEAMED BROCCOLI MIXED SALAD GREENS ITALIAN DRESSING BLUEBERRIES MILK	10 HOMEMADE MEATLOAF MASHED POTATOES & GRAVY WG HOT ROLL COOKED CORN MIXED SALAD GREENS ITALIAN DRESSING PEARS MILK	11 CHILI, WG CRACKERS WG CORNBREAD MUFFIN MIXED VEGETABLES MIXED SALAD GREENS RANCH DRESSING STRAWBERRIES MILK
14 CHICKEN TERIYAKI WG LOMEIN NOODLES W/VEGGIES COOKED PEAS MIXED SALAD GREENS RANCH DRESSING APPLESAUCE MILK	15 WG SOFT SHELLED TACO SALSA COOKED CORN MIXED SALAD GREENS RANCH DRESSING PEACHES MILK	16 WG LASAGNA ROLLUP WG BREADSTICK STEAMED BROCCOLI MIXED SALAD GREENS ITALIAN DRESSING PEARS MILK	17 WG CHICKEN NUGGETS MASHED POTATOES & GRAVY WG DINNER ROLL COOKED CARROTS MIXED SALAD GREENS ITALIAN DRESSING BLUEBERRIES MILK	18 NO SCHOOL
21 	22 WG CHICKEN QUESADILLAS SALSA STEAMED BROCCOLI MIXED SALAD GREENS ITALIAN DRESSING STRAWBERRIES MILK	23 CHICKEN & WG NOODLES WG BISCUIT PEAS & CARROTS MIXED SALAD GREENS RANCH DRESSING APPLESAUCE MILK	24 COUNTRY STYLE STEAK MASHED POTATOES & GRAVY WG HOT ROLL MIXED VEGETABLES MIXED SALAD GREENS RANCH DRESSING PEARS MILK	25 WG CHEESEBURGER COOKED CARROTS MIXED SALAD GREENS RANCH DRESSING BLUEBERRIES MILK
28 WG CHICKEN & WAFFLES SYRUP BAKED BEANS MIXED SALAD GREENS ITALIAN DRESSING PEARS MILK	29 WG CHEESE PIZZA COOKED CORN MIXED SALAD GREENS RANCH DRESSING ROSY APPLESAUCE MILK	30 ORANGE CHICKEN STIR-FRY WG STEAMED RICE PEAS & CARROTS MIXED SALAD GREENS ITALIAN DRESSING STRAWBERRIES MILK	31 WG CHICKEN PATTY MASHED POTATOES & GRAVY WG DINNER ROLL GREEN BEANS MIXED SALAD GREENS RANCH DRESSING BLUEBERRIES MILK	

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Elementary Early Education 3-5 yr Snack Menu



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Monday	Tuesday	Wednesday	Thursday	Friday
	1 	2 NO SCHOOL	3 WG ANIMAL CRACKERS MILK	4 WG GOLDFISH CRACKERS MILK
7 WG CRISPY VEGGIE CRACKERS MILK	8 WG RASPBERRY MINI BITES MILK	9 APPLE SLICES MILK	10 WG GOLDFISH CRACKERS MILK	11 PEACH CUP MILK
14 WG GOLDFISH CRACKERS MILK	15 WG ANIMAL CRACKERS MILK	16 CINNAMON APPLESAUCE MILK	17 WG CRISPY CHEDDAR CRACKERS MILK	18 NO SCHOOL
21 	22 WG GOLDFISH CRACKERS MILK	23 WG CRISPY VEGGIE CRACKERS MILK	24 APPLE SLICES MILK	25 WG ORIGINAL GRAHAMS MILK
28 WG ANIMAL CRACKERS MILK	29 MANDARIN ORANGE CUP MILK	30 WG CRISPY CHEDDAR CRACKERS MILK	31 STRING CHEESE WG CRACKERS 100% APPLE JUICE	

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