

SECTION E

SCHOOL MENUS

Elementary Lunch Menu.....	E-2
Elementary Lunch Pattern.....	E-4

2023-2024 ELEMENTARY SCHOOL AND K-8 CYCLE MENU

Revised 11/13/2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST – WEEK I				
Choose 2 Chilled Blended Fruit Juice Fresh Apple Slices Choose 1 French Toast Sticks (2G/0M) Cereal & Cheese Stick (1G/1M) Choose 1 Milk I M	Choose 2 Cherry Star Vegetable Juice Blend Orange Wedges Choose 1 Ham & Cheese Croissant (1G/1M) Cereal & Nutri-Grain Bar (2G/0M) Choose 1 Milk I T	Choose 2 Chilled Apple Juice Fresh Banana Choose 1 Egg & Cheese Stuffed Hashbrown (1.25G/1M) Cereal & Cheese Stick (1G/1M) Choose 1 Milk I W	Choose 2 Chilled Orange Juice Fresh Apple Slices Choose 1 Sausage Breakfast Pizza (1G/1M) Cereal & Nutri-Grain Bar (2G/0M) Choose 1 Milk I H	Choose 2 Chilled Blended Fruit Juice Fresh Pear Choose 1 Maple Mini Pancakes (2G/0M) Cereal & Cheese Stick (1G/1M) Choose 1 Milk I F
LUNCH – WEEK I				
Choose 1 Protein & Grain Fiesta Queso Macaroni & Cheese w/Dinner Roll (2G/1.75M) Chicken Teriyaki over Rice w/Dinner Roll (2G/2M) Morningstar Chik'n Nuggets w/Dinner Roll (2G/2M) Add: Stir Fried Cabbage Garden Vegetable Bar Greek Salad (½ C DG, ¼ C R/O) Baby Carrots (½ C R/O) Broccoli Florets (½ C DG) Fruit Bar Fresh Melon or Clementine Chilled Mixed Fruit or Chilled Pears <i>Assorted Dressings</i> Choose 1 Milk I M G MIN: 2 M MIN: 1.75	Choose 1 Protein & Grain Chicken Tenders w/Garlic Bread (2.25G/1.25M) Spaghetti & Meat Sauce w/Garlic Bread (2.5G/1.5M) Mini Calzones w/Dipping Sauce (2G/2M) Add: Steamed Broccoli (½ C DG) Garden Vegetable Bar Tossed Salad (½ C DG) Celery Sticks Fruit Bar Apple Wedges Frozen Mixed Berry or Peach Cup <i>Assorted Dressings</i> Choose 1 Milk I T G MIN: 2 M MIN: 1.25	Choose 1 Protein & Grain Cheese Pizza (2G/2M) Pepperoni Pizza (2G/2M) Sloppy Joe Sliders (2G/2M) Add: Candy Corn (1/2 C S) Garden Vegetable Bar Baby Spinach (½ C DG) Grape Tomatoes (½ C R/O) Cucumber Slices Fruit Bar Fresh Pear Applesauce Cup <i>Assorted Dressings</i> Choose 1 Milk I W G MIN: 2 M MIN: 2	Choose 1 Protein & Grain Cheese Quesadillas (2G/2M) All Beef Hot Dog/Bun (2G/2M) Lasagna w/Garlic Bread (1.75G/2M) Add: Baked Beans (½ C B) Garden Vegetable Bar House Salad (½ C DG, ¼ C R/O, 0.25G) Baby Carrots (½ C R/O) Cauliflower Florets Fruit Bar Orange Wedges Strawberry Shortcake <i>Assorted Dressings</i> Choose 1 Milk I H G MIN: 1.75 M MIN: 2	Choose 1 Protein & Grain Crispy Chicken/Bun (3.25G/2.25M) Cheeseburger (2G/3M) Grilled Cheese Sandwich (2G/2M) Add: Curly Fries (½ C S) Tomato Basil Soup (½ C R/O) Garden Vegetable Bar Tossed Salad (½ C DG) Sliced Tomato & Pickles (½ C R/O) Fruit Bar Chilled Peaches Graham Banana Bites (0.25 G) <i>Assorted Dressings</i> Choose 1 Milk I F G MIN: 2 M MIN: 2
SACC SNACK – WEEK I				
Milk (1 Ctn) Blueberry Lemon Crispy Bites (1 Pkg)	Milk (1 Ctn) Fresh Pear (1 Pear)	Ice Water (6 oz Cup) Cheese Stick (1 Pkg) Fresh Orange Wedges (6 Qtrs)	Milk (1 Ctn) Annie's Bunny Cheddar Crackers (1 Pkg)	Milk (1 Ctn) Fresh Apple (1 Apple)

 Vegetarian Entree

 Entrée Prepared Fresh in Each School Kitchen

 Yogurt  with Fruit Bread; SunWise Sandwich  & Cheese Stick w/Crackers; and MYO Salad with Fruit Bread available daily.

ALL LUNCHES INCLUDE A CHOICE OF SKIM, LOW-FAT UNFLAVORED AND FAT FREE CHOCOLATE MILK.

G MIN: 8

M MIN: 8

1 C Starchy, ½ C Bean, 3 ¼ C DG, 2 3/8 C R/O, 2 C Other

2023-2024 ELEMENTARY SCHOOL AND K-8 CYCLE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST – WEEK II				
Choose 2 Chilled Blended Fruit Juice Fresh Apple Slices Choose 1 French Toast Sticks (2G/0M) Cereal & Cheese Stick (1G/1M) Choose 1 Milk II M	Choose 2 Cherry Star Vegetable Juice Blend Orange Wedges Choose 1 Ham & Cheese Croissant (1G/1M) Cereal & Nutri-Grain Bar (2G/0M) Choose 1 Milk II T	Choose 2 Chilled Apple Juice Fresh Banana Choose 1 Egg & Cheese Stuffed Hashbrown (1.25G/1M) Cereal & Cheese Stick (1G/1M) Choose 1 Milk II W	Choose 2 Chilled Orange Juice Fresh Apple Slices Choose 1 Sausage Breakfast Pizza (1G/1M) Cereal & Nutri-Grain Bar (2G/0M) Choose 1 Milk II H	Choose 2 Chilled Blended Fruit Juice Fresh Pear Choose 1 Maple Mini Pancakes (2G/0M) Cereal & Cheese Stick (1G/1M) Choose 1 Milk II F
LUNCH – WEEK II				
Choose 1 Protein & Grain Pizza Sticks w/Dipping Sauce (1.5G/2M) Buffalo Chicken Calzone (2G/2M) Vegetarian Stuffed Pepper w/Dinner Roll (2G/2M) Add: Green Beans Garden Vegetable Bar Greek Salad (¼ C DG, ½ C R/O) Baby Carrots (½ C R/O) Broccoli Florets (½ C DG) Fruit Bar Pear Wedges Mandarin Orange Cup <i>Assorted Dressings</i> Choose 1 Milk II M G MIN: 1.5 M MIN: 2	Choose 1 Protein & Grain Beef Nachos w/Queso (2G/2.75M) Chicken Fajita w/Cheese (1G/2M) Jalapeño Poppers (2G/2M) Add: Refried Beans (½ C B) Garden Vegetable Bar Corn Salad (½ C S) Lettuce & Tomato (½ C R/O) Celery Sticks Fruit Bar Fresh Apple Frozen Mixed Berry or Peach Cup <i>Salsa</i> <i>Sour Cream</i> Choose 1 Milk II T G MIN: 1 M MIN: 2	Choose 1 Protein & Grain Cheesy Bread (2G/2M) Corn Dog Nuggets (2G/2M) Rosé Bolognese w/Garlic Bread (2G/2M) Add: Sunshine Carrots (½ C R/O) Garden Vegetable Bar Baby Spinach (½ C DG) Sunny Broccoli & Cauliflower Toss (½ C DG) Grape Tomatoes (½ C R/O) Fruit Bar Fruit Crisp (0.25G) Fresh Strawberries <i>Assorted Dressings</i> Choose 1 Milk II W G MIN: 2 M MIN: 2	Choose 1 Protein & Grain Popcorn Chicken w/Dinner Roll (2G/2M) Zesty Meatloaf w/Dinner Roll (1.5G/2M) Pizza Boli Bites (3G/2M) Add: Mashed Potatoes w/Gravy (½ C S) Parmesan Broccolini (½ C DG) Garden Vegetable Bar House Salad (½ C DG, ¼ C R/O, 0.25G) Baby Carrots (½ C R/O) Cauliflower Florets Fruit Bar Fresh Banana Orange Wedges <i>Assorted Dressings</i> Choose 1 Milk II H G MIN: 1.5 M MIN: 2	Choose 1 Protein & Grain Spicy Chicken/Bun (3G/2M) Chicken Enchilada (2G/3.5M) Fish Nuggets w/Dinner Roll (2.5G/2M) Add: Baked Beans (½ C B) Kickin' Roasted Veggies (¼ C DG) Garden Vegetable Bar Tossed Salad (½ C DG) Sliced Tomato & Pickles (½ C R/O) Fruit Bar Fresh Grape Clusters Chilled Peaches <i>Assorted Dressings</i> Choose 1 Milk II F G MIN: 2 M MIN: 2
SACC SNACK - WEEK II				
Milk (1 Ctn) Blueberry Lemon Crispy Bites (1 Pkg)	Milk (1 Ctn) Fresh Pear (1 Pear)	Ice Water (6 oz Cup) Cheese Stick (1 Pkg) Fresh Orange Wedges (6 Qtrs)	Milk (1 Ctn) Annie's Bunny Cheddar Crackers (1 Pkg)	Milk (1 Ctn) Fresh Apple (1 Apple)

Vegetarian Entree

Entrée Prepared Fresh in Each School Kitchen

Yogurt with Fruit Bread; SunWise Sandwich & Cheese Stick w/Crackers; and MYO Salad with Fruit Bread available daily.

ALL LUNCHES INCLUDE A CHOICE OF SKIM, LOW-FAT UNFLAVORED AND FAT FREE CHOCOLATE MILK.
G MIN: 8 M MIN: 8 1 C Starchy, ½ C Bean, 2 3/4 C DG, 2 ¼ C R/O, 2 C Other

ELEMENTARY SCHOOLS

THE FOLLOWING ITEMS WILL BE OFFERED DAILY (EXCEPT AS NOTED).

SCHOOL LUNCH MEAL PATTERN:

Each planned menu includes five components: protein, grains, vegetables, fruit, and milk.

Protein/Grain Choice (Choose 1 Combination)

Choice #1
Choice #2
Choice #3
Yogurt Choice
MYO Salad Choice
Sun Butter Choice

Garden Vegetables (Unlimited Quantities)

Choice #1
Choice #2
Choice #3

Students can choose an unlimited quantity of vegetables on the cold bar.

Fruit (Choose ½ cup)

Choice #1
Choice #2

Students can choose ½ cup fruit.

Milk (Choose 1)

White (Fat-free & Low-fat)
Chocolate (Fat-Free)

Students can choose 1 type.

OFFER VS. SERVED:

Students are offered a meal consisting of five components. They can refuse up to two components, but one of the three chosen must be a ½ cup serving of fruit or vegetable.