





# **ELEMENTARY MENU GRADES PreK-6** **SY 2022-23**



W k 2	MONDAY 5/1	TUESDAY 5/2	LEAN AND GREEN WEDNESDAY 5/3	THURSDAY 5/4	FRIDAY 5/5
	<b>B</b> Mini Bagels Strawberry Creamy Cheese (42g)	French Toast Sticks (38g)	Mini Cinnis (39g)	Breakfast Pizza with Beef and Red Sauce (17g)	Blueberry Waffles (37g)
L u n c h	Chicken Drumstick (5g) & Bread (12g) $\text{\textcircled{D}}$ Turkey Sausage/ French Toast (41g) WOW Soy Butter & Jelly Sandwich (55g) $\text{\textless\textgtr}$	Cheesy Pull-Apart (32-33g) Penne Alfredo (31g) & Bread (12g) $\text{\textless\textgtr}$ Sun Butter/Jelly & Bagel (49g) $\text{\textless\textgtr}$ $\text{\textcircled{D}}$ Green Beans (5g)	Dynamite Dippers (24g) & Bread (12g) $\text{\textless\textgtr}$ $\text{\textcircled{D}}$ Toasted Cheese Sandwich (31g) $\text{\textless\textgtr}$ Yogurt Smoothie (35-36g)/Cheese Stick (1g) & Blueberry Muffin (46g) $\text{\textless\textgtr}$ Baked Beans (30g)	Walking Taco (25g) & Bread (12g) Pepperoni Pizza (28g) Sun Butter (14g) & Jelly (9g) & Bagel (26g) $\text{\textless\textgtr}$ $\text{\textcircled{D}}$ Corn (14g)	 Ohio Day Beef Hot Dog on Bun (23g) $\text{\textcircled{D}}$ for <u>K-6 ONLY</u> Chipotle Chicken Sandwich (28g) Amazing Chickpea Dip (24g) & Pretzel Bites (25g) $\text{\textless\textgtr}$ $\text{\textcircled{D}}$ Ohio Day Cubed Potatoes (16g)
w k 1	MONDAY 5/8	TUESDAY 5/9	LEAN AND GREEN WEDNESDAY 5/10	THURSDAY 5/11	FRIDAY 5/12
	<b>B</b> Cinnamon Toast Crunch Cheese-Filled Bar (40g)	Chicken Sausage on Maple Waffle (15g)	Apple Frudel (36g)	Cinnamon French Toast (37g)	Maple Waffles (37g)
L u n c h	Chicken Nuggets (13g) & Bread (12g) $\text{\textcircled{D}}$ Cheese Pizza (28g) $\text{\textless\textgtr}$ Turkey & Cheese Sticks with Tortilla Strips (24g) & Bread (12g)	Sloppy Joe on Bun (35g) $\text{\textcircled{D}}$ Toasted Cheese Sandwich (31g) $\text{\textless\textgtr}$ Amazing Chickpea Dip (24g) & Pretzel Bites (25g) $\text{\textless\textgtr}$ $\text{\textcircled{D}}$ Emoji Potato (18g)	Cheese Breadstick (28g) with Marinara Cup (4g) $\text{\textless\textgtr}$ Macaroni and Cheese (31g) & Bread (14g) $\text{\textless\textgtr}$ 2 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) $\text{\textless\textgtr}$ $\text{\textcircled{D}}$	Chicken Patty on Bun (34g) $\text{\textcircled{D}}$ Pepperoni Pizza (28g) Garden Salad with Egg & Cheese (5g) & Bread (12g) $\text{\textless\textgtr}$ Baked Beans (30g)	Cheese Pizza (28g) $\text{\textless\textgtr}$ 3-Bean Chili (38g) & Tortilla Strips (23g) & Bread (12g) $\text{\textless\textgtr}$ $\text{\textcircled{D}}$ WOW Soy Butter & Jelly Sandwich (55g) $\text{\textless\textgtr}$
<b>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST (B):</b> Assorted Cereal (20-25g) or Graham Cracker (19g) or Yogurt (14g) or Cheese Stick (1g) Apple juice and orange juice (14g) offered at breakfast. Students may have as much fresh fruit that they would like to eat. A choice of 1% low fat white milk (13g), or skim chocolate milk (24g) offered at breakfast/lunch. <u>A complete breakfast and lunch are FREE to every student!!</u>			Grams of carbohydrate for each food are listed as (g). $\text{\textcircled{D}}$ Dairy-free entrée $\text{\textless\textgtr}$ Vegetarian lunch daily including all lunches on Lean and Green Wednesdays Fresh fruits and vegetables, such as broccoli and carrots, offered at lunch daily. Pork, seafood, and nut-containing products are not offered. Menu is subject to change. This institution is an equal opportunity provider. Revised 4/18/2023		

W k 2	MONDAY 5/15	TUESDAY 5/16	LEAN AND GREEN WEDNESDAY 5/17	THURSDAY 5/18	FRIDAY 5/19
B	Mini Bagels Strawberry Creamy Cheese (42g)	French Toast Sticks (38g)	Mini Cinnis (39g)	Breakfast Pizza with Beef and Red Sauce (17g)	Blueberry Waffles (37g)
L u n c h	Chicken Drumstick (5g) & Bread (12g) D Turkey Sausage/ French Toast (41g) WOW Soy Butter & Jelly Sandwich (55g) <>	Cheesy Pull-Apart (32-33g) Penne Alfredo (31g) & Bread (12g) <> Sun Butter/Jelly & Bagel (49g) <> D Green Beans (5g)	Dynamite Dippers (24g) & Bread (12g) <> D Toasted Cheese Sandwich (31g) <> Yogurt Smoothie (35-36g)/Cheese Stick (1g) & Blueberry Muffin (46g) <>	Walking Taco (25g) & Bread (12g) Pepperoni Pizza (28g) Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> D Corn (14g)	Hamburger/Bun (25g) D Chipotle Chicken Sandwich (28g) Amazing Chickpea Dip (24g) & Pretzel Bites (25g) <> D Baked Beans (30g)
w k 1	MONDAY 5/22	TUESDAY 5/23	LEAN AND GREEN WEDNESDAY 5/24	THURSDAY 5/25	FRIDAY 5/26
B	Cinnamon Toast Crunch Cheese-Filled Bar (40g)	Chicken Sausage on Maple Waffle (15g)	Apple Frudel (36g)	Cinnamon French Toast (37g)	Maple Waffles (37g)
L u n c h	Chicken Nuggets (13g) & Bread (12g) D Cheese Pizza (28g) <> Turkey & Cheese Sticks with Tortilla Strips (24g) & Bread (12g)	Turkey Hot Dog on Bun (21g) D for <u>K-6 ONLY</u> Toasted Cheese Sandwich (31g) <> Amazing Chickpea Dip (24g) & Pretzel Bites (25g) <> D Emoji Potato (18g)	Cheese Breadstick (28g) with Marinara Cup (4g) <> Macaroni and Cheese (31g) & Bread (14g) <> 2 Peeps {hard-boiled eggs} (2g) & Pretzel Bites (25g) <> D	Chicken Patty on Bun (34g) D Pepperoni Pizza (28g) Garden Salad with Egg & Cheese (5g) & Bread (12g) <> Baked Beans (30g)	Cheese Pizza (28g) <> 3-Bean Chili (38g) & Tortilla Strips (23g) & Bread (12g) <> D WOW Soy Butter & Jelly Sandwich (55g) <>
W k 2	MONDAY 5/29	TUESDAY 5/30	LEAN AND GREEN WEDNESDAY 5/31	THURSDAY 6/1	FRIDAY 6/2
B		Triple Berry French Toast (36g)	Mini Cinnis (39g)	Breakfast Pizza with Beef and Red Sauce (17g)	HAVE A GREAT SUMMER!
L u n c h	 <b>NO SCHOOL</b>	Cheesy Pull-Apart (32-33g) Penne Alfredo (31g) & Bread (12g) <> Sun Butter/Jelly & Bagel (49g) <> D Green Beans (5g)	Dynamite Dippers (24g) & Bread (12g) <> D Toasted Cheese Sandwich (31g) <> Yogurt Smoothie (35-36g)/Cheese Stick (1g) & Blueberry Muffin (46g) <>	WOW Sandwich (55g) <> with Picnic Cold Pack	<b>NO STUDENTS (except for at Woodcrest)</b>
	<u>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST (B):</u> Assorted Cereal (20-25g) or Graham Cracker (19g) or Yogurt (14g) or Cheese Stick (1g) Apple juice and orange juice (14g) offered at breakfast. Students may have as much fresh fruit that they would like to eat. A choice of 1% low fat white milk (13g), or skim chocolate milk (24g) offered at breakfast/lunch. <b><u>A complete breakfast and lunch are FREE to every student!!</u></b>		Grams of carbohydrate for each food are listed as (g). D Dairy-free entrée <> Vegetarian lunch daily including all lunches on Lean and Green Wednesdays Fresh fruits and vegetables, such as broccoli and carrots, offered at lunch daily. Pork, seafood, and nut-containing products are not offered. Menu is subject to change. This institution is an equal opportunity provider. Revised 4/18/2023		