



# FOOD SERVICES BRANCH

## Local District 3, 4 & 5 Elementary Breakfast and Lunch Menus



### BREAKFAST

#### MONDAY

1. Egg & Chorizo Taco
2. Chicken Fillet w/Fruit Bar
3. Belgian Waffle Sticks w/Chicken Fillet
4. Blueberry Muffin w/String Cheese ☺
5. Assorted Cereal w/Graham Crackers ☺

#### TUESDAY

1. Old Fashioned Coffee Cake w/Sausage
2. Burrito of the Day
3. French Toast (Original or Cinnamon) w/Sausage
4. Bagel w/Cream Cheese ☺
5. Assorted Cereal w/Graham Crackers ☺

#### WEDNESDAY

1. Biscuits w/Jelly, and Chicken Fillet or Scrambled Eggs
2. Blueberry Muffin or Cinnamon Roll w/Chicken Fillet
3. Pancakes w/Chicken Fillet
4. Toasted Cheese Sandwich ☺
5. Assorted Cereal w/Yogurt ☺

#### THURSDAY

1. Old Fashioned Coffee Cake w/Sausage
2. Cheese Quesadilla or Egg and Chorizo Taco
3. French Toast (Original or Cinnamon) w/Sausage
4. Peanut Butter & Jelly Pocket ☺
5. Assorted Cereal w/Graham Crackers ☺

#### FRIDAY

1. Burrito of the Day
2. Cheese Pizza Bagel ☺
3. Pancakes w/Sausage
4. Sausage in-a-Blanket
5. Assorted Cereal w/Graham Crackers ☺

### LUNCH Dates: 10/15, 11/05, 11/26, 12/17, 01/14, 02/04, 02/25, 04/07

#### MONDAY

1. Burrito of the Day
  2. Peanut Butter & Jelly Pocket ☺
  3. Yogurt Parfait w/Bread Stick ☺
- Sides:** Assorted Fruit, Frozen Lemon Bar or Super Sherbet Junior Cup ☺

#### TUESDAY

1. Pizza (Cheese or Pepperoni)
  2. Turkey Breast & Cheese Sandwich
  3. Classic Chicken Caesar Salad w/Bread Stick
- Sides:** Veggies w/Ranch Dip and Assorted Fresh Fruit ☺

#### WEDNESDAY

1. Cheeseburger
  2. Roast Beef & Cheese Sandwich
  3. Chinese Chicken Salad w/Hawaiian Roll
- Sides:** Lettuce/Tomato Cup, Potato Wedges, Fruit Punch Bar, Frozen Fruit Juice Treat ☺

#### THURSDAY

1. Chicken Teriyaki & Steamed White Rice
  2. Ham\*\* & Cheese Sandwich
  3. Yogurt Parfait w/Bread Stick ☺
- Sides:** Hot Vegetables of the Day, Assorted Fruit ☺

#### FRIDAY

1. Chicken Nuggets w/Whole Wheat Roll
  2. Tuna Salad Sandwich
  3. Chef's Salad w/Whole Wheat Roll
- Sides:** Mixed Green Salad, Assorted or Fresh Fruit ☺

### LUNCH Dates: 10/22, 11/13, 12/03, 01/02, 01/22, 02/11, 03/03, 03/24

#### MONDAY

1. Pizza (Cheese or Pepperoni)
  2. Peanut Butter & Jelly Pocket ☺
  3. Yogurt Parfait w/Bread Stick ☺
- Sides:** Veggies w/Ranch Dip and Assorted Fruit ☺

#### TUESDAY

1. Hamburger
  2. Turkey Breast & Cheese Sandwich
  3. Classic Chicken Caesar Salad w/Whole Wheat Roll
- Sides:** Lettuce/Tomato Cup, Potato Wedges, La Fruit Blend Cup, or Mr. Frosty Cup ☺

#### WEDNESDAY

1. Beef Teriyaki & Steamed White Rice
  2. Roast Beef & Cheese Sandwich
  3. Chinese Chicken Salad w/Hawaiian Roll
- Sides:** Hot Vegetables of the Day and Assorted Fruit ☺

#### THURSDAY

1. Chicken Nuggets w/Whole Wheat Roll
  2. Ham\*\* & Cheese Sandwich
  3. Yogurt Parfait w/Bread Stick ☺
- Sides:** Mixed Green Salad, Assorted Fruit, Mango Bar or Raspberry Bar ☺

#### FRIDAY

1. Taco Bean Dip w/Tortilla Chips
  2. Tuna Salad Sandwich
  3. Chef's Salad w/Bread Stick
- Sides:** Lettuce Cup and Assorted Fresh Fruit ☺

### LUNCH Dates: 10/29, 11/19, 12/10, 01/07, 01/28, 02/19, 03/10

#### MONDAY

1. Beef Chalupa or Wings of Fire w/Cheese Bread
  2. Peanut Butter & Jelly Pocket ☺
  3. Yogurt Parfait w/Bread Stick ☺
- Sides:** Assorted Fruit, Frozen Strawberry/Raspberry Bar ☺

#### TUESDAY

1. Chicken Patty Sandwich
  2. Turkey Breast & Cheese Sandwich
  3. Classic Chicken Caesar Salad w/Bread Stick
- Sides:** Lettuce/Tomato Cup, Potato Wedges and Assorted Fresh Fruit ☺

#### WEDNESDAY

1. Spaghetti w/Meat Sauce and Cheese Bread or Beef Lasagna w/Whole Wheat Roll
  2. Roast Beef & Cheese Sandwich
  3. Chinese Chicken Salad w/Whole Wheat Roll
- Sides:** Mixed Green Salad, and Frozen Olé or Grape Juice Bar ☺

#### THURSDAY

1. Mini Corn Dogs or Corn Dog
  2. Ham\*\* & Cheese Sandwich
  3. Yogurt Parfait w/Bread Stick ☺
- Sides:** Fresh Veggies w/Ranch Dip and Assorted Fruit ☺

#### FRIDAY

1. Taco Triangles
  2. Tuna Salad Sandwich
  3. Chef's Salad w/Hawaiian Roll
- Sides:** Lettuce/Tomato Cup and Assorted Fresh Fruit ☺

Offered Daily: Non-Fat Milk, 1% Milk, or Non-Fat Chocolate Milk.  
 Students are also offered a variety of fruits, vegetables, and juices to make up a complete meal.  
 Our Sandwiches are made with Whole Wheat Bread

☺ Denotes Vegetarian option (may include dairy and egg products)  
 \*\* The Ham we serve is a turkey based meat, it does not contain pork.

Menu is subject to change.  
 This Institution is an equal opportunity provider.  
 \* Lunch menu is on a 3 week cycle