


# Elementary Breakfast Menu

## Lincoln, Simmons, & May Overby

September 2019

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
| 2<br>Labor Day- No School<br><br><br><b>HAPPY LABOR DAY</b> | 3<br>Scooby Doo Grahams<br>Strawberries<br>Assorted Juices<br>*Yogurt Parfait<br>w/Granola or WGR<br>Breakfast Cereal<br>Milk    | 4<br>WGR Breakfast Cereal<br>Mini Donuts<br>**Food Court<br>(Orange) Smoothie<br>Assorted Juices<br>Milk       | 5<br>Breakfast Pizza Or<br>WGR Breakfast<br>Cereal<br>***Potato Smiles<br>Assorted Juices<br>Milk  | 6<br>WGR Breakfast Cereal<br>String Cheese<br>Applesauce<br>Assorted Juices<br>Milk  |
| 9<br>Breakfast Pizza Or<br>WGR Breakfast<br>Cereal<br>Fruit<br>Assorted Juices<br>Milk  | 10<br>Fruit Grain Bar<br>Strawberries<br>Raisins<br>*Yogurt Parfait<br>w/Granola or WGR<br>Breakfast Cereal<br>Milk              | 11<br>WGR Breakfast Cereal<br>Cheese Stick<br>Craisins<br>Wango Mango Juice<br>Milk                            | 12<br>Breakfast Pizza Or<br>WGR Breakfast<br>Cereal<br>Fresh Fruit<br>Assorted Juices<br>Milk      | 13<br>WGR Breakfast Cereal<br>Gogurt<br>Assorted Juices<br>Milk  |
| 16<br>Breakfast Pizza Or<br>WGR Breakfast<br>Cereal<br>Fruit<br>Assorted Juices<br>Milk   | 17<br>Chocolate Chip Grips<br>Strawberries<br>Assorted Juices<br>*Yogurt Parfait<br>w/Granola or WGR<br>Breakfast Cereal<br>Milk | 18<br>WGR Breakfast Cereal<br>Assorted Muffins<br>**Food Court<br>(Orange) Smoothie<br>Assorted Juices<br>Milk | 19<br>Breakfast Pizza Or<br>WGR Breakfast<br>Cereal<br>***Potato Smiles<br>Assorted Juices<br>Milk | 20<br>WGR Breakfast Cereal<br>Gogurt<br>Mini Donuts<br><b>Choose 2 of the Above<br/>Items</b><br>Applesauce Cup<br>Assorted Juices<br>Milk |
| 23<br>Breakfast Pizza Or<br>WGR Breakfast<br>Cereal<br>Fruit<br>Assorted Juices<br>Milk   | 24<br>Fruit Grain Bar<br>Fruit<br>Assorted Juices<br>*Yogurt Parfait<br>w/Granola or WGR<br>Breakfast Cereal<br>Milk             | 25<br>WGR Breakfast Cereal<br>Gogurt<br>Applesauce<br>Assorted Juices<br>Milk                                  | 26<br>Breakfast Pizza Or<br>WGR Breakfast<br>Cereal<br>Fresh Fruit<br>Assorted Juices<br>Milk      | 27<br>WGR Breakfast Cereal<br>Assorted Muffins<br>Assorted Juices<br>Milk  |

Milk is available every day. Available Cereal: Whole Grain, Rice Krispy, Froot Loops, Cocoa Puffs, Cheerios, or Cinnamon toast Crunch

**Menus are subject to change without notice.**

\*Strawberry/Vanilla/Strawberry Yogurt topped with granola


\*\* Smoothie

\*\*\* Potato Smiles

# Elementary Breakfast Menu

O. M. Tiffany, Mike Miller, & C. C. Lee

September 2019

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|--|--|--|---|
| 2<br>Labor Day- No School<br> | 3<br>WGR Breakfast Cereal<br>Mini Donuts<br>**Food Court<br>(Orange) Smoothie<br>Assorted Juices<br>Milk                                       | 4<br>Breakfast Pizza Or<br>WGR Breakfast<br>Cereal<br>***Potato Smiles<br>Assorted Juices<br>Milk  | 5<br>Scooby Doo Grahams<br>Strawberries<br>Assorted Juices<br>*Yogurt Parfait<br>w/Granola or WGR<br>Breakfast Cereal<br>Milk    | 6<br>Breakfast Pizza Or<br>WGR Breakfast<br>Cereal<br>Fruit<br>Assorted Juices<br>Milk  |
| 9<br>WGR Breakfast Cereal<br>Gogurt<br>Assorted Juices<br>Milk  | 10<br>WGR Breakfast Cereal<br>String Cheese<br>Mini Donuts<br><b>Choose 2 of the Above<br/>Items</b><br>Dried Fruit<br>Assorted Juices<br>Milk | 11<br>Breakfast Pizza Or<br>WGR Breakfast<br>Cereal<br>Fresh Fruit<br>Assorted Juices<br>Milk      | 12<br>Fruit Grain Bar<br>Raisins<br>Assorted Juices<br>*Yogurt Parfait<br>w/Granola or WGR<br>Breakfast Cereal<br>Milk           | 13<br>Breakfast Pizza Or<br>WGR Breakfast<br>Cereal<br>Fruit<br>Assorted Juices<br>Milk |
| 16<br>WGR Breakfast Cereal<br>Cheese Stick<br>Craisins<br>Wango Mango Juice<br>Milk                           | 17<br>WGR Breakfast Cereal<br>Mini Donuts<br>**Food Court<br>(Orange) Smoothie<br>Assorted Juices<br>Milk                                      | 18<br>Breakfast Pizza Or<br>WGR Breakfast<br>Cereal<br>***Potato Smiles<br>Assorted Juices<br>Milk | 19<br>Chocolate Chip Gripz<br>Strawberries<br>Assorted Juices<br>*Yogurt Parfait<br>w/Granola or WGR<br>Breakfast Cereal<br>Milk | 20<br>Breakfast Pizza Or<br>WGR Breakfast<br>Cereal<br>Fruit<br>Assorted Juices<br>Milk |
| 23<br>WGR Breakfast Cereal<br>Assorted Muffins<br>Assorted Juices<br>Milk                                     | 24<br>WGR Breakfast Cereal<br>Gogurt<br>Applesauce<br>Assorted Juices<br>Milk  | 25<br>Breakfast Pizza Or<br>WGR Breakfast<br>Cereal<br>Fresh Fruit<br>Assorted Juices<br>Milk      | 26<br>Fruit Grain Bar<br>Fruit<br>Assorted Juices<br>*Yogurt Parfait<br>w/Granola or WGR<br>Breakfast Cereal<br>Milk             | 27<br>Breakfast Pizza Or<br>WGR Breakfast<br>Cereal<br>Fruit<br>Assorted Juices<br>Milk |

Milk is available every day. Available Cereal: Whole Grain, Rice Krispy, Froot Loops, Cocoa Puffs, Cheerios, or Cinnamon toast Crunch

**Menus are subject to change without notice.**

\*Strawberry/Vanilla/Strawberry Yogurt topped with granola

\*\* Smoothie

\*\*\* Potato Smiles

# Elementary Lunch Menu

## September 2019

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| 2<br>No School<br>                 | 3<br>French Toast Sticks<br>String Cheese<br>Batter Bites<br>Wango Mango<br>Vegetable Juice<br>Diced Peaches       | 4<br>Popcorn Chicken<br>Creamy Mashed Potatoes<br>Gravy<br>Fresh Cucumber Slices<br>Dip<br>Watermelon Slice                            | 5<br>Cheeseburger<br>Baked Vegetarian Beans<br>Fresh Vegetables<br>Dip<br>Fresh Fruit<br>Birthday Treats!!<br>(Sugar Cookie)<br><br>Celebrating All of August & September Birthdays! | 6<br>Chicken Cheese Wrap<br>Toppings: Cheese, Lettuce, & Ranch Dressing<br>Fresh Cauliflower Bites<br>Fresh Carrot Sticks<br>Dip<br>Sweet Strawberries |
| 9<br>Breaded Chicken Sandwich<br>Steamed Peas<br>Crisp Carrot Sticks<br>Dip<br>BlueRaspberry/<br>Lemonade SideKick | 10<br>Breakfast (Turkey) Sausage Pizza<br>Batter Bites<br>Fresh Pepper Slices<br>Dip<br>Watermelon Slice           | 11<br>Chicken Teriyaki<br>Poultry Rice<br>Gravy<br>Mixed Greens Salad<br>Salad Dressing<br>Fresh Cucumber Coins<br>Dip<br>Fresh Grapes | 12<br>Soft Shell Beef Taco<br>Toppings: Shredded Lettuce, Cheese, & Taco Sauce<br>Simply Sweet Corn<br>Red Cherry Tomatoes<br>Dip<br>Fresh Sweet Strawberries                        | 13<br>Hot Dog (All Beef)<br>Baked Vegetarian Beans<br>Fresh Vegetables<br>Dip<br>Fresh Fruit   |
| 16<br>Strawhats<br>Crisp Carrot Sticks<br>Fresh Cucumber Coins<br>Dip<br>Mandarin Oranges                          | 17<br>French Toast Sticks<br>Go Gurt<br>*Potato Smiles<br>Wango Mango<br>Vegetable Juice<br>Watermelon Slice       | 18<br>Chicken Nuggets<br>Creamy Mashed Potatoes<br>Gravy<br>Fresh Broccoli Florets<br>Dip<br>Fresh Grapes                              | 19<br>Pasta W/Meat Sauce<br>Mixed Greens Salad<br>Salad Dressing<br>Crisp Carrot Sticks<br>Dip<br>Fresh Sweet Strawberries   | 20<br>Cheeseburger<br>Baked Vegetarian Beans<br>Fresh Vegetables<br>Dip<br>Fresh Fruit   |
| 23<br>Breaded Chicken Sandwich<br>Baked Batter Bites<br>Mixed Greens Salad<br>Salad Dressing<br>Watermelon Slice   | 24<br>Meatballs<br>Creamy Mashed Potatoes<br>Beef Gravy<br>Dinner Roll<br>Fresh Vegetables<br>Dip<br>Diced Peaches | 25<br>Sloppy Joe<br>Baked Vegetarian Beans<br>Chips<br>Salsa<br>Yellow Petite Banana   | 26<br>Chicken Drumstick<br>Poultry Rice<br>Gravy<br>Mango Wango<br>Vegetable Juice<br>Fresh Broccoli Florets<br>Dip<br>Fresh Sweet Strawberries                                      | 27<br>Mini Corn Dogs<br>Crisp Carrot Sticks<br>Fresh Cauliflower Bites<br>Dip<br>Fresh Fruit   |

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All toppings are optional.

\*Potato Smiles- New Item