

# October 2021

## Elementary Breakfast and Lunch Menu

**A Complete Breakfast Meal:  
Students Must Take at Least  
3 of the 4 Components:  
Milk, Fruit, Grain and Protein**

**Lunch Includes:  
3 of the 5 Components  
Choice of Fruit, Vegetable,  
Grain, Meat or Meat Alternate  
and Milk**

**Milk Choice:  
(Hormone & Antibiotic Free)  
Skim, 1% or Fat Free  
Chocolate**

**Lunch Alternatives:  
Whole Grain Bagel w/ Yogurt  
Turkey, Ham, Cheese, or  
PB&J Sandwich  
Grilled Chicken or Garden  
Salad**

**Gluten Free Meals are  
Available Only to Students  
with Documented  
Restrictions**

**Please See Separate Gluten  
Free Menu**

**Any questions please email:  
cooper-nicole@aramark.com**

**All School Meals Are Free  
For All Students Until 6/30/22**



This institution is an equal opportunity provider.

1

Whole Grain Cereal  
Apple Sauce and Milk

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Fresh Baked Cheese or  
Pepperoni Pizza  
Baby Carrots  
Apple Slices and Milk

4

Whole Grain Cereal  
Fruit Cup and Milk

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Hamburger or  
Cheeseburger  
On a Whole Grain Bun  
Steamed Broccoli  
Apple Sauce  
Choice of Milk

5

Graham Crackers  
Mozzarella Cheese Stick  
Fresh Apple and Milk

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French Toast Sticks  
Chicken Sausage  
Fresh Cucumber Slices  
Choice of Milk

6

Whole Grain Muffin  
Fruit Cup  
Choice of Milk

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Chicken Tenders  
Steamed Green Beans  
Fruit Cup  
Choice of Milk

7

Reduced Fat Strawberry  
Pop Tart  
Box of Raisins  
Choice of Milk

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All Beef Hot Dog  
Veggie Baked Beans  
Fruit Cup  
Choice of Milk

8

Breakfast Cereal Bar  
Fresh Apple and Milk

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Fresh Baked Cheese or  
Pepperoni Pizza  
Baby Carrots  
Apple Slices  
Choice of Milk

11

**School Closed**

**Columbus Day**

12

Graham Crackers  
Mozzarella Cheese Stick  
Fresh Apple and Milk

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Seasoned Beef in a hard  
shell with Corn  
Fruit Cup  
Choice of Milk

13

Whole Grain Muffin  
Box of Raisins  
Choice of Milk

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Chicken Parm Sandwich  
Steamed Broccoli  
Apple Sauce  
Choice of Milk

14

Reduced Fat Strawberry  
Pop Tart  
Box of Raisins and Milk

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Mini Maple Waffles  
Chicken Sausage  
Fresh Cucumber Slices  
Apple Slices  
Choice of Milk

15

Breakfast Cereal Bar  
Apple Slices and Milk

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Fresh Baked Cheese or  
Pepperoni Pizza  
Baby Carrots  
Apple Slices

18

Whole Grain Cereal  
Apple Sauce and Milk

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Chicken Nuggets  
Dinner Roll  
Steamed Broccoli  
Fruit Cup  
Choice of Milk

19

Graham Crackers  
Mozzarella Cheese Stick  
Fresh Apple and Milk

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French Toast Sticks  
Chicken Sausage  
Baby Carrots  
Apple Slices and Milk

20

Whole Grain Muffin  
Fruit Cup  
Choice of Milk

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Pasta Marinara  
Steamed Green Beans  
Fresh Apple  
Choice of Milk

21

Reduced Fat Strawberry  
Pop Tart  
Box of Raisins and Milk

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Seasoned Beef w/ Cheddar  
Cheese Sauce and WG  
Tortilla Chips  
Black Beans  
Fruit Cup and Milk

22

Breakfast Cereal Bar  
Apple Slices and Milk

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Fresh Baked Cheese or  
Pepperoni Pizza  
Baby Carrots  
Apple Slices  
Choice of Milk

25

Whole Grain Cereal  
Fresh Apple and Milk

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Mini Maple Burst Pancakes  
Chicken Sausage  
Sliced Cucumbers  
Fruit Cup  
Choice of Milk

26

Graham Crackers  
Mozzarella Cheese Stick  
Fruit Cup and Milk

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Sweet and Sour Chicken  
Rice  
Sliced Pepper Strips

27

Whole Grain Muffin  
Apple Slices and Milk

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Baked Macaroni and  
Cheese with Roll  
Steamed Broccoli  
Apple Sauce  
Choice of Milk

28

Reduced Fat Strawberry  
Pop Tart  
Box of Raisins and Milk

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Popcorn Chicken  
Steamed Green Beans  
Fruit Cup  
Choice of Milk

29

Breakfast Cereal Bar  
Apple Slices and Milk

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Fresh Baked Cheese or  
Pepperoni Pizza  
Baby Carrots  
Apple Slices  
Choice of Milk