

December 2021

Elementary Breakfast and Lunch Menu

**ALL SCHOOL MEALS
ARE FREE FOR ALL
STUDENTS THRU 6/30/22**

A Complete Breakfast Meal:
Students must take at least 3 of the 4
components and one must be a Fruit:
Milk, Fruit, Grain & Protein

Lunch includes
3 of the 5 components:
Choice of Fruit, Vegetable, Grain,
Meat/Meat Alternative & Milk
(Must include a Fruit or a Vegetable)

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



This institution is an equal opportunity provider



1

Whole Grain Muffin
Apple Slices
Choice of Milk

Chicken Tenders
WG Dinner Roll
Fresh Sliced Cucumbers
Fresh Banana
Choice of Milk

2

Reduced Fat Strawberry
Pop Tart
Box of Raisins
Choice of Milk

All Beef Hot Dog
Veggie Baked Beans
Berry Cup

3

Strawberry NutriGrain Bar
Applesauce and Milk

Fresh Baked Cheese or
Pepperoni Pizza
Baby Carrots
Fresh Grapes
Choice of Milk

6

Whole Grain Cereal
Fruit Cup and Milk

Hamburger or
Cheeseburger
On WG Bun
Veggie Baked Beans
Apple Sauce
Choice of Milk

7

Graham Crackers
Mozzarella Cheese Stick
Fresh Apple and Milk

French Toast Sticks
Chicken Sausage
Fresh Cucumber Slices
Petite Banana
Choice of Milk

8

Whole Grain Muffin
Fruit Cup and Milk

Baked Macaroni and
Cheese with WG Roll
Steamed Broccoli
Diced Pears in Juice
Choice of Milk

9

Reduced Fat Strawberry
Pop Tart
Diced Pears and Milk

Early Dismissal

No Lunches Served

10

Strawberry NutriGrain Bar
Fresh Orange and Milk

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

13

Whole Grain Cereal
Apple Sauce and Milk

Chicken Nuggets
Dinner Roll
Sliced Pepper Strips
Fruit Cup
Choice of Milk

14

Graham Crackers
Mozzarella Cheese Stick
Fresh Orange and Milk

Seasoned Beef Tacos
Kickin Pinto Beans
Melon Wedge
Choice of Milk

15

Whole Grain Muffin
Box of Raisins
Choice of Milk

Chicken Patty Sandwich
Steamed Broccoli
Berry Cup
Choice of Milk

16

Reduced Fat Strawberry
Pop Tart
Diced Pears and Milk

French Toast Sticks
Fresh Cucumber Slices
Petite Banana
Choice of Milk

17

Strawberry NutriGrain Bar
Apple Slices and Milk

Fresh Baked Cheese or
Pepperoni Pizza
Baby Carrots
Fresh Grapes

20

Whole Grain Cereal
Fresh Apple and Milk

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

21

Graham Crackers
Mozzarella Cheese Stick
Fresh Orange and Milk

Popcorn Chicken
Dinner Roll
Steamed Broccoli
Berry Cup
Choice of Milk

22

Whole Grain Muffin
Fruit Cup
Choice of Milk

Pasta Marinara
Romaine Lettuce Cup
Fresh Apple
Choice of Milk

23

Reduced Fat Strawberry
Pop Tart
Diced Pears and Milk

Mozzarella Stick Chicken
Nugget Combo
Sliced Pepper Strips
Fresh Grapes
Choice of Milk

24

School Closed

Winter Recess

27

School Closed

Winter Recess

28

School Closed

Winter Recess

29

School Closed

Winter Recess

30

School Closed

Winter Recess

31

School Closed

Winter Recess