

January 2022

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

3

Whole Grain Cereal
Fruit Cup and Milk
Mini Maple Waffles
Chicken Sausage
Fresh Cucumber Slices
Apple Slices
Choice of Milk

4

Graham Crackers
Mozzarella Cheese Stick
Fresh Apple and Milk
Corn Dog
Steamed Green Beans
Diced Pears
Choice of Milk

5

Whole Grain Muffin
Apple Slices
Choice of Milk
Chicken Tenders
WG Dinner Roll
Fresh Sliced Cucumbers
Fresh Banana
Choice of Milk

6

Reduced Fat
Strawberry Pop Tart
Box of Raisins
Choice of Milk
All Beef Hot Dog
Veggie Baked Beans
Berry Cup
Choice of Milk

7

Strawberry
NutriGrain Bar
Applesauce and Milk
Fresh Baked Cheese or
Pepperoni Pizza
Baby Carrots
Apple Slices
Choice of Milk

10

Whole Grain Cereal
Fruit Cup and Milk
Hamburger or
Cheeseburger
On WG Bun
Steamed Green Beans
Apple Sauce
Choice of Milk

11

Graham Crackers
Mozzarella Cheese Stick
Fresh Apple and Milk
French Toast Sticks
Chicken Sausage
Fresh Cucumber Slices
Petite Banana
Choice of Milk

12

Whole Grain Muffin
Fruit Cup and Milk

Early Dismissal

No Lunches Served

13

Reduced Fat
Strawberry Pop Tart
Diced Pears and Milk
Beef Nachos w/ Cheddar
Cheese Sauce and
WG Tortilla Chips
Black Beans
Applesauce
Choice of Milk

14

Strawberry
NutriGrain Bar
Fresh Orange and Milk
Fresh Baked Cheese or
Pepperoni Pizza
Baby Carrots
Apple Slices
Choice of Milk

17

School Closed

Martin Luther

King Jr. Day

18

Graham Crackers
Mozzarella Cheese Stick
Fresh OJ and Milk
Seasoned Beef Tacos
Kickin Pinto Beans
Fruit Cup
Choice of Milk

19

Whole Grain Muffin
Box of Raisins
Choice of Milk
Chicken Patty Sandwich
Steamed Broccoli
Berry Cup
Choice of Milk

20

Reduced Fat
Strawberry Pop Tart
Diced Pears and Milk
French Toast Sticks
Fresh Cucumber Slices
Petite Banana
Choice of Milk

21

Strawberry
NutriGrain Bar
Fruit Cup and Milk
Fresh Baked Cheese or
Pepperoni Pizza
Baby Carrots
Apple Sauce
Choice of Milk

24

Whole Grain Cereal
Fresh Apple and Milk
Mini Maple
Burst Pancakes
Chicken Sausage
Fresh Cucumbers Slices
Fruit Cup
Choice of Milk

25

Graham Crackers
Mozzarella Cheese
Stick
Fresh OJ and Milk
Popcorn Chicken
Dinner Roll
Steamed Broccoli
Berry Cup
Choice of Milk

26

Whole Grain Muffin
Fruit Cup
Choice of Milk
Pasta Marinara
Romaine Lettuce Cup
Fresh Apple
Choice of Milk

27

Reduced Fat
Strawberry Pop Tart
Diced Pears and Milk
Mozzarella Stick Chicken
Nugget Combo
Sliced Pepper Strips
Petite Banana
Choice of Milk

28

Strawberry
NutriGrain Bar
Applesauce and Milk
Fresh Baked Cheese or
Pepperoni Pizza
Baby Carrots
Apple Slices
Choice of Milk

31

Whole Grain Cereal
Fresh Apple and Milk
Chicken Parm Sandwich
Steamed Broccoli
Applesauce
Choice of Milk