

# 21 Day Elementary and Secondary Breakfast Calendar

~ August -- September ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>August 23</b>	<b>24 Cycle Day 1</b> Asst. Cereal/Grahams Yogurt / Grahams Ham/Egg/Chz Bagel Asst Fruit/Juice/Milk	<b>25 Cycle Day 2</b> Asst. Cereal/Grahams Strawberry Parfait Ham/Egg/Chz Muffin Asst Fruit/Juice/Milk	<b>26 Cycle Day 3</b> Asst. Cereal/Grahams Yogurt/Grahams Breakfast Pizza Asst Fruit/Juice/Milk	<b>27 Cycle Day 4</b> Asst. Cereal/Grahams Berry Muffin/Grahams Sausage/Egg/Chz Bagel Asst Fruit/Juice/Milk	<b>28 Cycle Day 5</b> Asst. Cereal/Grahams Yogurt/Grahams Bacon/Egg/Chz Muffin Asst Fruit/Juice/Milk	<b>29</b>
<b>30</b>	<b>31 Cycle Day 6</b> Asst. Cereal/Grahams Bagel & Cream Cheese Mini Flavored Pancakes Asst Fruit/Juice/Milk	<b>1 Cycle Day 1</b> Asst. Cereal/Grahams Warm Cherry Frudel Chz Omelet & Eng Muffin Asst Fruit/Juice/Milk	<b>2 Cycle Day 2</b> Asst. Cereal/Grahams Peach Parfait Breakfast Pizza Asst Fruit/Juice/Milk	<b>3 Cycle Day 3</b> Asst. Cereal/Grahams Blueberry Muffin/ Grahams Egg/Chz Bagel Asst Fruit/Juice/Milk	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8 Cycle Day 4</b> Asst. Cereal/Grahams Banana Muffin/Grahams Bacon, Egg, Chz Bagel Asst Fruit/Juice/Milk	<b>9 Cycle Day 5</b> Asst. Cereal/Grahams Fruit Parfait Breakfast Pizza Asst Fruit/Juice/Milk	<b>10 Cycle Day 6</b> Asst. Cereal/Grahams Bagel/Cream Cheese Egg/Chz Biscuit Asst Fruit/Juice/Milk	<b>11 Cycle Day 1</b> Asst. Cereal/Grahams Asst. Muffin/Grahams Sausage/Egg/Chz Bagel Asst Fruit/Juice/Milk	<b>12</b>
<b>13</b>	<b>14 Cycle Day 2</b> Asst. Cereal/Grahams Mini Cinnamon Buns Sausage/Egg/Chz Biscuit Asst Fruit/Juice/Milk	<b>15 Cycle Day 3</b> Asst. Cereal/Grahams Yogurt/Grahams Mini French Tst Asst Fruit/Juice/Milk	<b>16 Cycle Day 4</b> Asst. Cereal/Grahams Bagel / Cream Cheese Breakfast Pizza Asst Fruit/Juice/Milk	<b>17 Cycle Day 5</b> Asst. Cereal/Grahams Breakfast Quesadilla Asst Muffins Asst Fruit/Juice/Milk	<b>18 Cycle Day 6</b> Asst. Cereal/Grahams Scrambled Egg & Cheese Sandwich Asst Muffins Asst Fruit/Juice/Milk	<b>19</b>
<b>20</b>	<b>21 Cycle Day 1</b> Asst. Cereal/Grahams Asst Muffin/ Grahams Egg/Chz Bagel Asst Fruit/Juice/Milk	<b>22 Cycle Day 2</b> Asst. Cereal/Grahams Peach Parfait Mini Confetti Pancakes Asst Fruit/Juice/Milk	<b>23 Cycle Day 3</b> Asst. Cereal/Grahams Bagel/Cream Cheese Breakfast Pizza Asst Fruit/Juice/Milk			
				<p><b>Notes: Days of school will be finalized after school calendar is adopted.</b> Choice of milk (plain, chocolate, and strawberry) included in all breakfast options. Cereal offered as an alternative each day. Breakfast pizza is a choice on Wednesdays regardless of cycle day.</p>		

# 21 Day Elementary Lunch Calendar

~ August -- September ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>August 23</b> 4. PB&J offered as a lunch alternative offered every day. 5. Packer Special offered as alternative offered daily.	<b>24 Cycle Day 1</b> 1. Cheesy Breadsticks w/ Marinara (V) 2. Pretzel Cheeseburger 3. Parfait Paradise Bento Box (V) Marinated Chickpeas Romaine Side Salad Assorted Fresh & Canned Fruit Choice of Milk	<b>25 Cycle Day 2</b> Triple Dipper: Mini Corn Dogs, Mozzarella Sticks, & Smile Fries 2. Chicken Tenders w/ Roll 3. Parfait Paradise Bento Box (V) Smile Fries Romaine Side Salad Assorted Fresh & Canned Fruit 100% Juice Choice of Milk	<b>26 Cycle Day 3</b> 1. Beef & Cheese Nachos 2. Crispy Chicken BLT 3. Parfait Paradise Bento Box (V) Steamed Broccoli Romaine Side Salad Assorted Fresh & Canned Fruit	<b>27 Cycle Day 4</b> 1. BRUNCH FOR LUNCH: Mini Confetti Pancakes w/ Sausage Links 2. Chicken & Cheese Taquitos 3. Parfait Paradise Bento Box (V) Sweet Potato Fries Romaine Side Salad Assorted Fresh & Canned Fruit 100% Juice Choice of Milk	<b>28 Cycle Day 5</b> 1. Cheese Pizza Square (V) 2. Beef Hot Dog 3. Parfait Paradise Bento Box (V) Parmesan Green Beans Romaine Side Salad Assorted Fresh & Canned	<b>29</b>
<b>30</b>	<b>31 Cycle Day 6</b> 1. Turkey Club Pretzel Melt (P) 2. Chicken Nuggets w/ Roll 3. Italian Sub (P) Baked Fries Spinach Side Salad Assorted Fresh & Canned Fruit Choice of Milk	<b>1 Cycle Day 1</b> 1. Crispy Chicken Drumstick w/ Buttermilk Biscuit 2. Cheeseburger 3. Italian Sub (P) Steamed Broccoli Spinach Side Salad Assorted Fresh & Canned Fruit 100% Juice / Choice of Milk	<b>2 Cycle Day 2</b> 1. Creamy Mac & Cheese w/ Roll (V) 2. Beef Hot Dog 3. Italian Sub (P) Steamed Carrots Spinach Side Salad Assorted Fresh & Canned Fruit Choice of Milk	<b>3 Cycle Day 3</b> 1. Twin Hot Ham & Cheese Sliders (P) 2. Chicken Patty Sandwich 3. Italian Sub (P) Green Pepper Strips Spinach Side Salad Assorted Fresh & Canned Fruit 100% Juice / Choice of Milk	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8 Cycle Day 4</b> 1. Corn Dog 2. Pepperoni Pizza Pocket 3. Turkey & Cheese Sandwich Steamed Carrots Romaine Side Salad Assorted Fresh & Canned Fruit Choice of Milk	<b>9 Cycle Day 5</b> French Toast Sticks w/ Sausage Links 2. Meatball Parm Sub 3. Turkey & Cheese Sandwich Tater Tots Romaine Side Salad Assorted Fresh & Canned Fruit 100% Juice Choice of Milk	<b>10 Cycle Day 6</b> 1. Chicken Nuggets w/ Roll 2. Bacon Cheeseburger (P) 3. Turkey & Cheese Sandwich Steamed Green Beans Romaine Side Salad Assorted Fresh & Canned Fruit Choice of Milk	<b>11 Cycle Day 1</b> 1. Galaxy Cheese Pizza (V) 2. Twin Beef Soft Tacos 3. Turkey & Cheese Sandwich Romaine Side Salad Assorted Fresh & Canned Fruit Choice of Milk	<b>12</b>
<b>13</b>	<b>14 Cycle Day 2</b> 1. Walking Tacos- 2. Bacon Cheeseburger (P) 3. Turkey & Cheese Sandwich 4. Garden Salad w/ Cheese & Roll (V) Steamed Green Beans Spinach Side Salad Assorted Fresh & Canned Fruit Choice of Milk	<b>15 Cycle Day 3</b> Mom's Popcorn Chicken Bowl w/ Roll 2. Pepperoni Pizza Pocket 3. Turkey & Cheese Sandwich 4. Garden Salad w/ Cheese & Roll (V) Steamed Corn Spinach Side Salad Assorted Fresh & Canned Fruit 100% Juice / Choice of Milk	<b>16 Cycle Day 4</b> 1. Pulled Pork Sandwich (P) 2. Corn Dog 3. Turkey & Cheese Sandwich 4. Garden Salad w/ Cheese & Roll (V) Baked Beans Spinach Side Salad Assorted Fresh & Canned Fruit	<b>17 Cycle Day 5</b> 1. Open Faced Turkey Sandwich with gravy 2. Beef Burrito 3. Fiesta Salad w/ Tortilla Chips 4. Bagel w/ Yogurt & Cheese Stick (V) Refried Beans / Spinach Side Salad Assorted Fresh & Canned Fruit Choice of Milk	<b>18 Cycle Day 6</b> 1. French Bread Pizza 2. Chicken Parm over Pasta & Sauce 3. Fiesta Salad w/ Tortilla Chips 4. Bagel w/ Yogurt & Cheese Stick (V) Steamed Broccoli Spinach Side Salad Assorted Fresh & Canned Fruit 100% Juice / Choice of Milk	<b>19</b>

**~ August -- September ~**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>20</b>	<b>21 Cycle Day 1</b> 1. Mozzarella Sticks w/ Marinara (V) 2. Hamburger 3. Southern Style Crispy Chicken Salad w/ Corn Muffin 4. Ham & Cheese Sandwich (P) Steamed Corn Romaine Side Salad Assorted Fresh & Canned Fruit Choice of Milk	<b>22 Cycle Day 2</b> 1. General Tso Chicken w/ Rice 2. Corn Dog 3. Southern Style Crispy Chicken Salad w/ Corn Muffin 4. Ham & Cheese Sandwich (P) Seasoned Roasted Broccoli Romaine Side Salad Assorted Fresh & Canned Fruit 100% Juice / Choice of Milk	<b>23 Cycle Day 3</b> 1. Grilled Cheese 2. Cheeseburger 3. Southern Style Crispy Chicken Salad w/ Corn Muffin 4. Ham & Cheese Sandwich (P) Seasoned Roasted Broccoli Romaine Side Salad Assorted Fresh & Canned Fruit 100% Juice / Choice of Milk			
	<p><b>Notes: Days of school will be finalized after school calendar is adopted.</b> Choice of milk (chocolate, vanilla, and strawberry) included in all breakfast options. <b>All meals include the students choice of entree, fruits, vegetables. Every Friday is a pizza day.</b> Sample cycle menu is for cost comparison only. In adopted contract daily vegetables and entrees will align more closely between elementary and secondary schools.</p>					

# 21 Day Secondary Lunch Calendar

~ August -- September ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>August 23</b>	<b>24 Cycle Day 1</b> Cheesy Breadsticks w/ Marinara (V) Marinated Chickpeas Romaine Side Salad Asst. Fresh & Can Fruit Choice of Milk	<b>25 Cycle Day 2</b> Creamy Macaroni & Cheese (V) served w/ Dinner Roll Carrots, & Tostitos Scoops Smile Fries Romaine Side Salad Asst. Fresh & Can Fruit Choice of Milk	<b>26 Cycle Day 3</b> Beef & Cheese Nachos Steamed Broccoli Romaine Side Salad Asst. Fresh & Can Fruit Choice of Milk	<b>27 Cycle Day 4</b> Mini Confetti Pancakes w/ Sausage Links Sweet Potato Fries Romaine Side Salad Asst. Fresh & Can Fruit Choice of Milk	<b>28 Cycle Day 5</b> Fish Sandwich Parmesan Green Beans Romaine Side Salad Asst. Fresh & Can Fruit Choice of Milk	<b>29</b>
<b>30</b>	<b>31 Cycle Day 6</b> Turkey Club Pretzel Melt Baked French Fries Spinach Side Salad Asst. Fresh & Can Fruit Choice of Milk	<b>1 Cycle Day 1</b> Crispy Chicken Drumstick served w/ a Buttermilk Biscuit Seasoned Broccoli Spinach Side Salad Asst. Fresh & Can Fruit Choice of Milk	<b>2 Cycle Day 2</b> Twin Hot Ham & Cheese Sliders (P) Green Pepper Strips Spinach Side Salad Asst. Fresh & Can Fruit Choice of Milk	<b>3 Cycle Day 3</b> Twin Beef Soft Tacos Refried Beans Spinach Side Salad Asst. Fresh & Can Fruit Choice of Milk	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8 Cycle Day 4</b> Bacon Grilled Cheese (P) served w/ Tomato Soup Steamed Green Beans Romaine Side Salad Asst. Fresh & Can Fruit Choice of Milk	<b>9 Cycle Day 5</b> Corn Dog Steamed Carrots Romaine Side Salad Asst. Fresh & Can Fruit Choice of Milk	<b>10 Cycle Day 6</b> Hot Ham & Cheese Pretzel Sandwich Melt Sandwich Baked Beans Romaine Side Salad Asst. Fresh & Can Fruit Choice of Milk	<b>11 Cycle Day 1</b> Beef Burrito Refried Beans Spinach Side Salad Asst. Fresh & Can Fruit Choice of Milk	<b>12</b>
<b>13</b>	<b>14 Cycle Day 2</b> Walking Tacos—chips with chicken taco meat, shredded cheese, sour cream, salsa & lettuce Tomato Soup Banana 100% Juice Fruit Punch	<b>15 Cycle Day 3</b> Chicken Parm. Served over Pasta & Sauce Steamed Broccoli Spinach Side Salad Asst. Fresh & Can Fruit Choice of Milk	<b>16 Cycle Day 4</b> Chicken Stir Fry Oriental Vegetables Rice or Lo-Mein Noodles Asst. Fresh & Can Fruit Choice of Milk	<b>17 Cycle Day 5</b> Chili Cheese Dog Sweet Potato Fries Spinach Side Salad Asst. Fresh & Can Fruit Choice of Milk	<b>18 Cycle Day 6</b> Crispy Chicken Tenderloin BLT Sandwich Southwest Black Beans Romaine Side Salad Asst. Fresh & Can Fruit Choice of Milk	<b>19</b>
<b>20</b>	<b>21 Cycle Day 1</b> Twin Hot Ham & Cheese Sliders (P) Green Pepper Strips Spinach Side Salad Asst. Fresh & Can Fruit Choice of Milk	<b>22 Cycle Day 2</b> Mom's Popcorn Chicken Bowl w/ Dinner Roll Steamed Corn Romaine Side Salad Asst. Fresh & Can Fruit Choice of Milk	<b>23 Cycle Day 3</b> Bacon Grilled Cheese (P) served w/ Tomato Soup Steamed Green Beans Romaine Side Salad Asst. Fresh & Can Fruit Choice of Milk			

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p><b>Notes: Days of school will be finalized after school calendar is adopted.</b> Choice of milk (chocolate, vanilla, and strawberry) included in all breakfast options. <b>All meals include the students' choice of entree, fruits, vegetables.</b> Sample cycle menu is for cost comparison only. In adopted contract daily vegetables and entrees will align more closely between elementary and secondary schools. Schools have a scatter system, allowing for additional offerings not formally listed on this menu, which will be adjusted after contract is approved. High schools offer pizza, hamburgers, chicken patties daily.</p>		

# 11 Day Summer Meal Calendar

~ Summer ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Asst. Fresh & Can Fruit Choice of Milk  B Assorted cereal/ w graham crackers Bagel and Cream Cheese  L PB&J with veg pack	<b>2</b> Asst. Fresh & Can Fruit Choice of Milk  B Assorted cereal/ w graham crackers Fruit and Yogurt Parfait  L Hot Dog with Beans	<b>3</b> Asst. Fresh & Can Fruit Choice of Milk  B Assorted cereal/ w graham crackers Sausage, egg, and cheese biscuit  L Meat and cheese sandwich with salad	<b>4</b> Asst. Fresh & Can Fruit Choice of Milk  B Assorted cereal/ w graham crackers Flavored muffin  L Yogurt, Cheese Stick, and Bagel with veg pack	<b>5</b> Asst. Fresh & Can Fruit Choice of Milk  No Breakfast  L Chef's Choice at WH	
	<b>6</b> Asst. Fresh & Can Fruit Choice of Milk  B Assorted cereal/ w graham crackers Bagel and Cream Cheese  L PB&J with veg pack	<b>7</b> Asst. Fresh & Can Fruit Choice of Milk  B Assorted cereal/ w graham crackers Fruit and Yogurt Parfait  L Chicken nuggets and fries	<b>8</b> Asst. Fresh & Can Fruit Choice of Milk  B Assorted cereal/ w graham crackers Mini pancakes with syrup  L West Shore Hoagie with salad	<b>9</b> Asst. Fresh & Can Fruit Choice of Milk  B Assorted cereal/ w graham crackers Flavored muffin  L Yogurt, Cheese Stick, and Bagel with veg pack	<b>10</b> Asst. Fresh & Can Fruit Choice of Milk  No Breakfast  L Chef's Choice at WH	
	<b>11</b> Asst. Fresh & Can Fruit Choice of Milk  B Assorted cereal/ w graham crackers Oatmeal Chocolate Chip Bar with graham  L PB&J with veg pack					