

21 Day Elementary and Secondary Breakfast Calendar

~ August -- September ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	25 Cycle Day 1 Asst. Cereal/Grahams Bagel/Cream Cheese Breakfast Pizza Asst Fruit/Juice/Milk	26 Cycle Day 2 Asst. Cereal/Grahams Strawberry Parfait Ham/Egg/Chz Muffin Asst Fruit/Juice/Milk	27 Cycle Day 3 Asst. Cereal/Grahams Yogurt/Grahams Breakfast Pizza Asst Fruit/Juice/Milk	28 Cycle Day 4 Asst. Cereal/Grahams Asst. Muffin/Grahams Sausage/Egg/Chz Bagel Asst Fruit/Juice/Milk	29 Cycle Day 5 Asst. Cereal/Grahams Yogurt/Grahams Bacon/Egg/Chz Muffin Asst Fruit/Juice/Milk	30
31	1 Cycle Day 6 Asst. Cereal/Grahams Bagel & Cream Cheese Mini Flavored Pancakes Asst Fruit/Juice/Milk	2 Asst. Cereal/Grahams Warm Cherry Frudel (or equivalent) Cheese Omelet & English Muffin Asst Fruit/Juice/Milk	3 Asst. Cereal/Grahams Peach Parfait Breakfast Pizza Asst Fruit/Juice/Milk	4 Asst. Cereal/Grahams Asst. Muffin/Grahams Egg/Chz Bagel Asst Fruit/Juice/Milk	5	6
7	8	9 Asst. Cereal/Grahams Asst. Muffin/Grahams Bacon, Egg, Chz Bagel Asst Fruit/Juice/Milk	10 Asst. Cereal/Grahams Fruit Parfait Breakfast Pizza Asst Fruit/Juice/Milk	11 Asst. Cereal/Grahams Bagel/Cream Cheese Egg/Chz Biscuit Asst Fruit/Juice/Milk	12 Asst. Cereal/Grahams Asst. Muffin/Grahams Sausage/Egg/Chz Bagel Asst Fruit/Juice/Milk	13
14	15 Asst. Cereal/Grahams Mini Cinnamon Buns Sausage/Egg/Chz Biscuit Asst Fruit/Juice/Milk	16 Asst. Cereal/Grahams Yogurt/Grahams Mini French Toast Asst Fruit/Juice/Milk	17 Asst. Cereal/Grahams Bagel / Cream Cheese Breakfast Pizza Asst Fruit/Juice/Milk	18 Asst. Cereal/Grahams Breakfast Quesadilla Asst Muffins Asst Fruit/Juice/Milk	19 Asst. Cereal/Grahams Scrambled Egg & Cheese Sandwich Asst Muffins Asst Fruit/Juice/Milk	20
21	22 Asst. Cereal/Grahams Asst Muffin/ Grahams Egg/Chz Bagel Asst Fruit/Juice/Milk	23 Asst. Cereal/Grahams Peach Parfait Mini Confetti Pancakes Asst Fruit/Juice/Milk	24 Asst. Cereal/Grahams Bagel/Cream Cheese Breakfast Pizza Asst Fruit/Juice/Milk			
				Notes: Days of school will be finalized after school calendar is adopted. Choice of milk (1% plain, zero fat chocolate, and zero fat strawberry) included in all breakfast options. Cereal offered as an alternative each day. Breakfast pizza is a choice on Wednesdays regardless of cycle day. Asst Fruit/Juice (apple, orange, banana, grape, peaches, mixed fruit) Asst Muffins (blueberry, chocolate, banana) Asst. Cereal (coco puffs, apple jacks, cheerios, honey nut cheerios, cinnamon Chex, Cinnamon toast crunch, Fruit loops, Lucky Charms, Frosted mini wheats or equivalent)		

21 Day Elementary Lunch Calendar

~ August -- September ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
August 3. PB&J offered as a lunch alternative offered every day. 4. Packer's Buddy offered as alternative offered daily.	25 Cycle Day 1 1. Cheeseburger w/ Roll 2. Parfait Paradise Broccoli Dippers w/Ranch Dressing Assorted Fresh & Canned Fruit Choice of Milk	26 Cycle Day 2 1. Chicken Tenders w/ Roll 2. Parfait Paradise Baked Beans (V) Assorted Fresh & Canned Fruit Choice of Milk	27 Cycle Day 3 1. Beef Nachos 2. Parfait Paradise Mashed Potatoes & Corn Assorted Fresh & Canned Fruit Choice of Milk	28 Cycle Day 4 1. BRUNCH FOR LUNCH 2. Parfait Paradise Citrus Glazed Carrots Assorted Fresh & Canned Fruit Choice of Milk	29 Cycle Day 5 1. Cheese Pizza Square (V) 2. Parfait Paradise Roasted Broccoli Assorted Fresh & Canned Fruit Choice of Milk	30
31	1 Cycle Day 6 1. Turkey Club Pretzel Melt 2. Special Sub Southwest Black Beans Assorted Fresh & Canned Fruit Choice of Milk	2 1. Crunchy Tacos 2. Special Sub Seasoned Steamed Carrots Assorted Fresh & Canned Fruit Choice of Milk	3 1. Creamy Mac & Cheese w/ Roll (V) 2. Special Sub Green Beans Assorted Fresh & Canned Fruit Choice of Milk	4 1. Grilled Cheese 2. Special Sub Sweet Corn Assorted Fresh & Canned Fruit Choice of Milk	5	6
7	8	9 1. Walking Tacos 2. Spinach Salad Sweet Potato Fries Assorted Fresh & Canned Fruit Choice of Milk	10 1. French Toast Sticks w/ Sausage 2. Spinach Salad Asian Style Roasted Broccoli Assorted Fresh & Canned Fruit Choice of Milk	11 1. Tasty Barbecue 2. Spinach Salad Tater Tots Assorted Fresh & Canned Fruit Choice of Milk	12 1. Round Cheese Pizza (V) 2. Spinach Salad Black Beans Assorted Fresh & Canned Fruit Choice of Milk	13
14	15 1. Pepperoni Pizza Pocket 2. Turkey & Cheese Sandwich Bean Salad Assorted Fresh & Canned Fruit Choice of Milk	16 1. Mom's Popcorn Chicken Bowl w/ Roll 2. Turkey & Cheese Sandwich Chef's Corn Assorted Fresh & Canned Fruit Choice of Milk	17 1. Hot Sandwich 2. Turkey & Cheese Sandwich Celery Sticks Canned Fruit Choice of Milk	18 1. Open Faced Turkey Sandwich with gravy 2. Fiesta Salad w/ Tortilla Chips Cabbage mix Assorted Fresh & Canned Fruit Choice of Milk	19 1. French Bread Pizza 2. Fiesta Salad w/ Tortilla Chips Humus Assorted Fresh & Canned Fruit Choice of Milk	20
21	22 1. Salisbury Sandwich 2. Chef's Bento Box Tomatoes Assorted Fresh & Canned Fruit Choice of Milk	23 1. General Tso Chicken w/ Rice 2. Chef's Bento Box Broccoli Assorted Fresh & Canned Fruit Choice of Milk	24 1. Brunch for Lunch 2. Chef's Bento Box Tator tots Assorted Fresh & Canned Fruit Choice of Milk			

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Notes: Days of school will be finalized after school calendar is adopted. Choice of milk (1% plain, zero fat chocolate, and zero fat strawberry)) included in all breakfast options. All meals include the students choice of entree, fruits, vegetables. Every Friday is a pizza day.</p> <p>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> <p>Carrot Snack Packs offered as vegetable option daily</p> <p>Bananas, apples, oranges offered daily, Also a selection of canned peaches, apple sauce, pineapples, strawberries, pears.</p>					

21 Day Secondary Lunch Calendar

~ August -- September ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
August	25 Cycle Day 1 1. Cheeseburger 2. Parfait Paradise Broccoli Dippers w/Ranch Assorted Fresh & Canned Fruit Choice of Milk	26 Cycle Day 2 1. Chick & Cheese w/ dinner roll 2. Parfait Paradise Baked Beans (V) Assorted Fresh & Canned Fruit Choice of Milk	27 Cycle Day 3 1. Beef & Cheese Nachos 2. Parfait Paradise Mashed Potatoes & Corn Assorted Fresh & Canned Fruit Choice of Milk	28 Cycle Day 4 1. BRUNCH FOR LUNCH 2. Parfait Paradise Citrus Glazed Carrots Assorted Fresh & Canned Fruit Choice of Milk	29 Cycle Day 5 1. West Shore Sandwich 2. Parfait Paradise Roasted Broccoli Assorted Fresh & Canned Fruit Choice of Milk	30
31	1 Cycle Day 6 1. Turkey Club Pretzel Melt 2. Special Sub Southwest Black Beans Assorted Fresh & Canned Fruit Choice of Milk	2 1. Crunchy Tacos 2. Special Sub Seasoned Steamed Carrots Assorted Fresh & Canned Fruit Choice of Milk	3 1. Creamy Mac & Cheese w/ Roll (V) 2. Special Sub Green Beans Assorted Fresh & Canned Fruit Choice of Milk	4 1. Bacon grilled Cheese with tomato soup (p) 2. Special Sub Sweet Corn Assorted Fresh & Canned Fruit Choice of Milk	5	6
7	8	9 1. Walking Tacos- 2. Spinach Salad Sweet Potato Fries Assorted Fresh & Canned Fruit Choice of Milk	10 1. Brunch for Lunch 2. Spinach Salad Asian Style Roasted Broccoli Assorted Fresh & Canned Fruit Choice of Milk	11 1. Tasty Barbecue 2. Spinach Salad Tater Tots Assorted Fresh & Canned Fruit Choice of Milk	12 1. Beef Burrito 2. Spinach Salad Black Beans Assorted Fresh & Canned Fruit Choice of Milk	13
14	15 1. Twin Hot Ham & Cheese Sliders (P) 2. Turkey & Cheese Sandwich Bean Salad Assorted Fresh & Canned Fruit Choice of Milk	16 1. Mom's Popcorn Chicken Bowl w/ Roll 2. Turkey & Cheese Sandwich Chef's Corn Assorted Fresh & Canned Fruit Choice of Milk	17 1. Pork Stir Fry 2. Turkey & Cheese Sandwich Celery Sticks Assorted Fresh & Canned Fruit Choice of Milk	18 1. Open Faced Turkey Sandwich with gravy 2. Fiesta Salad w/ Tortilla Chips Cabbage mix Assorted Fresh & Canned Fruit Choice of Milk	19 1. Crispy Chicken Tender BLT Sandwich 2. Fiesta Salad w/ Tortilla Chips Humus Assorted Fresh & Canned Fruit Choice of Milk	20
21	22 1. Salisbury Sandwich 2. Southern Style Crispy Chicken Salad w/ Corn Muffin Tomatoes Assorted Fresh & Canned Fruit Choice of Milk	23 1. General Tso Chicken w/ Rice 2. Southern Style Crispy Chicken Salad w/ Corn Muffin Broccoli Assorted Fresh & Canned Fruit Choice of Milk	24 1. Brunch for Lunch 2. Southern Style Crispy Chicken Salad w/ Corn Muffin Tator tots Assorted Fresh & Canned Fruit Choice of Milk			

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Notes: Days of school will be finalized after school calendar is adopted. Choice of milk (1% plain, zero fat chocolate, and zero fat strawberry) included in all breakfast options. All meals include the students choice of entree, fruits, vegetables. Secondary schools offer pizza/burger/chicken patty/parfaits/salad/sandwich items on a daily basis</p> <p>Sample cycle menu is for cost comparison only.</p> <p>Carrot Snack Packs offered as vegetable option daily</p> <p>Bananas, apples, oranges offered daily. Also a selection of canned peaches, apple sauce, pineapples, strawberries, pears.</p>					

11 Day Summer Meal Calendar

~ Summer ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Asst. Fresh & Can Fruit Choice of Milk B Assorted cereal/ w graham crackers Bagel and Cream Cheese L PB&J with veg pack	2 Asst. Fresh & Can Fruit Choice of Milk B Assorted cereal/ w graham crackers Fruit and Yogurt Parfait L Hot Dog with Beans	3 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	4 Asst. Fresh & Can Fruit Choice of Milk B Assorted cereal/ w graham crackers Flavored muffin L Parfait	5 Asst. Fresh & Can Fruit Choice of Milk B Assorted cereal/ w graham crackers Flavored muffin L Chef's Choice	
	6 Asst. Fresh & Can Fruit Choice of Milk B Assorted cereal/ w graham crackers Breakfast Pizza L Brunch for Lunch	7 Asst. Fresh & Can Fruit Choice of Milk B Assorted cereal/ w graham crackers Fruit and Yogurt Parfait L Chicken nuggets and fries	8 Asst. Fresh & Can Fruit Choice of Milk B Assorted cereal/ w graham crackers French Toast and Sausage L West Shore Hoagie with salad	9 Asst. Fresh & Can Fruit Choice of Milk B Assorted cereal/ w graham crackers Assorted Flavored muffin L Parfait	10 Asst. Fresh & Can Fruit Choice of Milk B Assorted cereal/ w graham crackers Flavored muffin L Chef's Choice	
	11 Asst. Fresh & Can Fruit Choice of Milk B Assorted cereal/ w graham crackers Oatmeal Chocolate Chip Bar with graham L Personal Pizza					

Milk (1% plain or zero fat chocolate)

Carrot Snack Packs offered as vegetable option daily

Bananas, apples, oranges offered daily. Also a selection of canned peaches, apple sauce, pineapples, strawberries, pears.

Snack Menu

28		1	2	3
-Yogurt Cup		-WG Cheez-its	-Mozzarella Cheese Stick	-WG Muffin
-6 oz Juice		-1% White Milk	-6 oz Juice	-Fat Free Chocolate Milk
6	7	8	9	10
-Heartzels Pretzels	-WG Goldfish Crackers	-WG Muffin	-RF Doritos	-WG Pop-Tart
-Fat Free Chocolate Milk	-6 oz Juice	-1% White Milk	-6 oz Juice	-Fat Free Chocolate Milk
13	14	15	16	17
-WG Muffin	-Mozzarella Cheese Stick	-Cereal Bowl	REMOTE LEARNING DAY	NO SCHOOL
-Fat Free Chocolate Milk	-6 oz Juice	-1% White Milk		
20	21	22	23	24
-RF Doritos	-Heartzels Pretzels	-WG Cheezits	-Yogurt Cup	-WG Muffin
-Fat Free Chocolate Milk	-6 oz Juice	-1% White Milk	-6 oz Juice	-Fat Free Chocolate Milk
27	28	29	30	31
-WG Pop-Tart	-Yogurt Cup	-Cereal Bowl	-WG Muffin	Menu Subject to Change
-Fat Free Chocolate Milk	-6 oz Juice	-1% White Milk	-6 oz Juice	

Please use brand or equivalent where particular items are identified.