

fresh

chartwells 

Lakeland School District Elementary Breakfast Menu, April 2019

Student \$1.50 • Student Reduced \$0.30 • Adult \$2.25

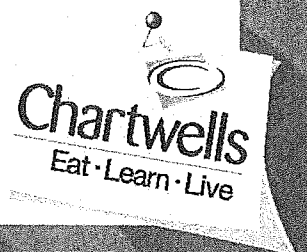
Student breakfast includes a choice of entrée, a minimum of one fruit side dish, and choice of milk

All meals are offered with 1% white or non-fat chocolate milk

Monday	Tuesday	Wednesday	Thursday	Friday
1 WHOLE GRAIN STRAWBERRY POP TART & YOGURT -OR- CEREAL CHOICE & YOGURT Fruit, Juice Assorted Milk	2 PANCAKE ON A STICK W/ MAPLE SYRUP -OR- CEREAL CHOICE & MUFFIN Fruit, Juice Assorted Milk	3 BREAKFAST PIZZA -OR- CEREAL CHOICE & CHEESE STICK Fruit, Juice Assorted Milk	4 WAFFLE W/ MAPLE SYRUP SCRAMBLED EGGS -OR- CEREAL CHOICE & TOAST Fruit, Juice Assorted Milk	5 CINNAMON ROLL & YOGURT -OR- CEREAL CHOICE & YOGURT Fruit, Juice Assorted Milk
8 BREAKFAST PARFAIT -OR- CEREAL CHOICE & CHEESE STICK Fruit, Juice Assorted Milk	9 PANCAKE ON A STICK W/ MAPLE SYRUP -OR- CEREAL CHOICE & MUFFIN Fruit, Juice Assorted Milk	10 BREAKFAST PIZZA -OR- CEREAL CHOICE & CHEESE STICK Fruit, Juice Assorted Milk	11 PANCAKES W/ MAPLE SYRUP -OR- CEREAL & TOAST Fruit, Juice Assorted Milk	12 BISCUITS & GRAVY -OR- CEREAL & YOGURT Fruit, Juice Assorted Milk
15 WHOLE GRAIN STRAWBERRY POP TART & YOGURT -OR- CEREAL CHOICE & YOGURT Fruit, Juice Assorted Milk	16 PANCAKE ON A STICK W/ MAPLE SYRUP -OR- CEREAL CHOICE & TOAST Fruit, Juice Assorted Milk	17 BREAKFAST PIZZA -OR- CEREAL CHOICE & CHEESE STICK Fruit, Juice Assorted Milk	18 WAFFLE W/MAPLE SYRUP SCRAMBLED EGGS -OR- CEREAL CHOICE & TOAST Fruit, Juice Assorted Milk	19 CINNAMON ROLL & YOGURT -OR- CEREAL CHOICE & YOGURT Fruit, Juice Assorted Milk
22 BREAKFAST PARFAIT -OR- CEREAL CHOICE & CHEESE STICK Fruit, Juice Assorted Milk	23 PANCAKE ON A STICK W/ MAPLE SYRUP -OR- CEREAL CHOICE & MUFFIN Fruit, Juice Assorted Milk	24 BREAKFAST PIZZA -OR- CEREAL CHOICE & CHEESE STICK Fruit, Juice Assorted Milk	25 FRENCH TOAST STICKS W/ MAPLE SYRUP -OR- CEREAL & TOAST Fruit, Juice Assorted Milk	26 BISCUITS & GRAVY -OR- CEREAL & YOGURT Fruit, Juice Assorted Milk
29 BREAKFAST PIZZA -OR- CEREAL CHOICE & CHEESE STICK Fruit, Juice Assorted Milk	30 PANCAKE ON A STICK W/ MAPLE SYRUP -OR- CEREAL CHOICE & MUFFIN Fruit, Juice Assorted Milk			



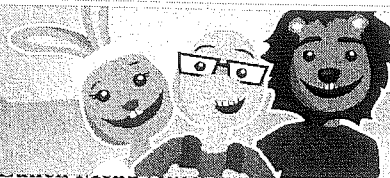
Make the
Grade
with SCHOOL BREAKFAST



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KID'S STOP Cafe



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Student Lunch \$2.70 ** Reduced Price \$0.40 ** Adult \$4.00

A full student lunch includes a choice of entrée supplying protein and whole grain, up to three (3) vegetable side dishes, one (1) fruit side dish, and milk. Milk choices include 1% white and skim chocolate. A cold vegetable and fruit bar is available daily on which we feature a variety of vegetables and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices. We also offer at least one hot vegetable daily on our serving line.

All of our offerings contain zero grams of artificial trans fat.

Monday	Tuesday	Wednesday	Thursday	Friday
1-Apr Sloppy Joe Seasoned Wedges Fruit and Vegetable Bar Assorted Milk	2-Apr Cheese Quesadilla Mexi Corn Fruit and Vegetable Bar Assorted Milk	3-Apr Spaghetti & Meatballs Seasoned Green Beans Fruit and Vegetable Bar Assorted Milk	4-Apr Homemade Cheese Pizza Seasoned Corn Fruit and Vegetable Bar Assorted Milk	5-Apr Strawberry Parfait Fruit and Vegetable Bar Assorted Milk
8-Apr Hamburger Vegetarian Beans Fruit and Vegetable Bar Assorted Milk	9-Apr Crispy Chicken Sandwich! Chicken Sandwich served with Seasoned Wedges Fruit and Vegetable Bar Assorted Milk	10-Apr Waffle Breakfast Waffle w/Maple Syrup Sausage Patty Fruit and Vegetable Bar Assorted Milk	11-Apr Pepperoni Pizza Warm Cinnamon Apple Slices Fruit and Vegetable Bar Assorted Milk	12-Apr BBQ Chicken Sandwich! Chicken Sandwich served with Vegetarian Beans Fruit and Vegetable Bar Assorted Milk
15-Apr Sloppy Joe Seasoned Wedges Fruit and Vegetable Bar Assorted Milk	16-Apr Toasted Cheese Sandwich Tomato Soup Fruit and Vegetable Bar Assorted Milk	17-Apr Pancake Breakfast Pancake w/Maple Syrup Scrambled Eggs & Sausage Patty Fruit and Vegetable Bar Assorted Milk	18-Apr Homemade Cheese Pizza Seasoned Corn Fruit and Vegetable Bar Assorted Milk	19-Apr <i>Tangerine</i> Tangerine Chicken Brown rice Seasoned Broccoli Assorted Milk
22-Apr Cheese Quesadilla Mexi Corn Fruit and Vegetable Bar Assorted Milk	23-Apr Lucky Tray Day! Soft Beef Taco Seasoned Wedges Fruit and Vegetable Bar Assorted Milk	24-Apr Spaghetti & Meatballs Seasoned Green Beans Fruit and Vegetable Bar Assorted Milk	25-Apr Pepperoni Pizza Warm Cinnamon Apple Slices Fruit and Vegetable Bar Assorted Milk	26-Apr BBQ Chicken Sandwich! Chicken Sandwich served with Vegetarian Beans Fruit and Vegetable Bar Assorted Milk
29-Apr Lucky Tray Day! Soft Chicken Taco Seasoned Corn Fruit and Vegetable Bar Assorted Milk	30-Apr Crispy Chicken Sandwich! Chicken Sandwich served with Seasoned Wedges Fruit and Vegetable Bar Assorted Milk			

The following alternate entrees are available w/daily hot vegetable offering, choice(s) from fruit/vegetable bar and choice of milk:

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Chicken Nuggets w/ Whole Grain Dinner Roll Nachos Fun Lunch	Cheese Pizza Deli Turkey Sandwich & Cookie	Whole Grain Corn Dog Lunch: Yogurt & Cereal	Buffalo Chicken Salad Sandwich Lunch: Mystery Fun Lunch	Hot Dog Deli Turkey Ham & Cheese Sandwich

Daily Fruit and Vegetable Bar Offerings

Tossed Salad Fresh Baby Carrots Power Peas Dried Fruit Assorted Chilled Fruit	Tossed Salad Broccoli Assorted Chilled Fruit	Tossed Salad Fresh Baby Carrots Dried fruit Assorted Chilled Fruit Crisp Apple	Tossed Salad Broccoli Spicy Roasted Garbonzo Beans Assorted Chilled Fruit	Tossed Salad Fresh Baby Carrots Sliced Cucumbers Dried Fruit Assorted Chilled Fruit
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