



SMSD Elementary Schools Breakfast and Lunch Menu - October 2024

For more info visit <https://www.smsd.org/about/departments/food-service> or <https://www.schoolcafe.com/SHAWNEEMISSION>

This institution is an equal opportunity provider.

Breakfast - To Make a Meal, Students must select at least 3 items one must be a fruit or juice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of: 10/7, 10/21				
Choice of Entree: Feature - Eggoji Waffle Cereal, Pop Tart, Muffin Yogurt Craisins* 100% Juice & Milk	Choice of Entree: Feature - Breakfast Pizza Cereal, Pop Tart, Muffin Apple Slice 100% Juice & Milk	Choice of Entree: Feature - Glazed Breakfast Square Cereal, Pop Tart, Muffin Cheese Stick Chilled Fruit 100% Juice & Milk	Choice of Entree: Feature - French Toast Cereal, Pop Tart, Muffin Fresh Fruit 100% Juice & Milk	Choice of Entree: Feature - Scramble Eggs ^A Cereal, Pop Tart, Muffin Toast Applesauce 100% Juice & Milk
Week of: 9/30, 10/14 10/28				
Choice of Entree: Feature - Pancake Cereal, Pop Tart, Muffin Yogurt Craisin* 100% Juice & Milk	Choice of Entree: Feature - Breakfast Bagel Cereal, Pop Tart, Muffin Apple Slices 100% Juice & Milk	Choice of Entree: Feature - Chocolate Breakfast Square Cereal, Pop Tart, Muffin Cheese stick Chilled Fruit 100% Juice & Milk	Choice of Entree: Feature - Pancake on Stick Cereal, Pop Tart, Muffin Fresh Fruit 100% Juice & Milk	Choice of Entree: Scrambled Eggs ^A Cereal, Pop Tart, Muffin Toast Applesauce 100% Juice & Milk

Meal Prices
Breakfast
Full Price - \$1.55
Reduced - \$.30
Visitor - 2.55

Lunch - To Make a Meal, Students must select full portions of 3 components and one must be a 1/2 cup of fruit or vegetable.

	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
Offered Daily at Breakfast and Lunch 100% Fruit Juice Apple, Orange and Apple Cherry Lowfat Milk White, Chocolate and Strawberry <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Meal Prices Lunch Full Price - \$2.85 Reduced - \$.40 Visitor - \$4.30 </div> Menu is subject to change due to availability.	PUMPKIN SPICE DAY Choice of: Chicken & Waffles Stuffed Pepperoni Sandwich Yogurt Bundle with Cinn Crisps PBJ Sandwich & String Cheese Pizza Bundle Served with: Potato Smiles Red Bell Peppers Fresh Fruit Cinnamon Apples	Choice of: Hot Dog Cheese Lasagna Yogurt Bundle with Goldfish Crackers PBJ Sandwich & String Cheese Ham & Cheese Flatbread Rollup ^A Served with: Steamed Broccoli Fresh Celery Fresh Apple Slices Chilled Peaches Double Chocolate Muffin	SOFT TACO DAY Choice of: Soft Tacos Toasted Cheese Sandwich Yogurt Bundle with Cinn Crisps PBJ Sandwich & String Cheese Pizza Bundle Served with: Ranchero-Beans* Salsa Fresh Romaine Lettuce Fresh Oranges Chilled Pears	Choice of: Chicken/Spicy Sandwich Macaroni & Cheese Yogurt Bundle with Goldfish Crackers PBJ Sandwich & String Cheese Nacho Cheese Bundle Served with: Green Beans Fresh Baby Carrots Chilled Fruit Cocktail Frozen Fruit Cup Doritos
	MONDAY 7 Choice of: Stuffed Crust Pepperoni Pizza Sweet & Sour Chicken with Rice Yogurt Bundle with Goldfish Crackers PBJ Sandwich & String Cheese Entrée Salad with Croutons ^A Served with: Potato Tots Fresh Broccoli Chilled Applesauce Chilled Mandarin Oranges Cheddar Goldfish Crackers	TUESDAY 8 Choice of: Pancakes & Sausage Link Chicken Quesadilla Yogurt Bundle with Cinn Crisps PBJ Sandwich & String Cheese Pizza Bundle Served with: Fresh Baby Carrots Mixed Vegetables Chilled Pineapple Fresh Banana	WEDNESDAY 9 Choice of: Chicken Nuggets BBQ Pork Sandwich ^A Yogurt Bundle with Goldfish Crackers PBJ Sandwich & String Cheese Ham & Cheese Flatbread Rollup ^A Served with: Mashed Potatoes with Gravy* Mixed Green Salad Fresh Apple Slices Chilled Peaches Cheetos	THURSDAY 10 Choice of: Walking Taco Pretzel with Cheese Yogurt Bundle with Cinn Crisps PBJ Sandwich & String Cheese Pizza Bundle Served with: Refried- Beans Salsa Fresh Romaine Lettuce Fresh Oranges Chilled Pears
MONDAY 14 NO SCHOOL GRADES Pre-K - 12 PROFESSIONAL LEARNING DAY	TUESDAY 15 Choice of: French Toast Sticks & Sausage Toasted Ham & Cheese Sandwich ^A Yogurt Bundle with Cinn Crisps PBJ Sandwich & String Cheese Pizza Bundle Served with: Potato Wedges Fresh Baby Carrots Chilled Pineapple Fresh Grapes	WEDNESDAY 16 Choice of: Cheeseburger Chicken Chili Crispito Yogurt Bundle with Goldfish Crackers PBJ Sandwich & String Cheese Ham & Cheese Flatbread Rollup ^A Served with: Baked Beans* Salsa Mixed Green Salad Fresh Apple Slices Chilled Peaches Scoops	THURSDAY 17 PASTA DAY Choice of: Chicken Strips Baked Penne & Meat Sauce Yogurt Bundle with Goldfish Crackers PBJ Sandwich & String Cheese Nacho Cheese Bundle Served with: Corn Fresh Cherry Tomatoes Fresh Cucumbers Chilled Fruit Cocktail Frozen Fruit Cup Cookie	FRIDAY 18 NO SCHOOL GRADES Pre-K - 12
MONDAY 21 Choice of: Stuffed Crust Cheese Pizza BBQ Rib Sandwich ^A Yogurt Bundle with Goldfish Crackers PBJ Sandwich & String Cheese Entrée Salad with Croutons ^A Served with: Scalloped Potatoes * Fresh Broccoli Chilled Applesauce Chilled Mandarin Oranges Garlic Breadstick	TUESDAY 22 Choice of: Chicken & Waffles Stuffed Pepperoni Sandwich Yogurt Bundle with Cinn Crisps PBJ Sandwich & String Cheese Pizza Bundle Served with: Potato Smiles Red Bell Peppers Fresh Fruit Cinnamon Apples	WEDNESDAY 23 Choice of: Hot Dog Cheese Lasagna Yogurt Bundle with Goldfish Crackers PBJ Sandwich & String Cheese Ham & Cheese Flatbread Rollup ^A Served with: Steamed Broccoli Fresh Celery Fresh Apple Slices Chilled Peaches Double Chocolate Muffin	THURSDAY 24 Choice of: Walking Taco Toasted Cheese Sandwich Yogurt Bundle with Cinn Crisps PBJ Sandwich & String Cheese Pizza Bundle Served with: Ranchero-Beans* Salsa Fresh Romaine Lettuce Fresh Oranges Chilled Pears	FRIDAY 25 Choice of: Chicken/Spicy Sandwich Macaroni & Cheese Yogurt Bundle with Goldfish Crackers PBJ Sandwich & String Cheese Nacho Cheese Bundle Served with: Green Beans Fresh Baby Carrots Chilled Fruit Cocktail Frozen Fruit Cup Doritos
MONDAY 28 Choice of: Stuffed Crust Pepperoni Pizza Sweet & Sour Chicken with Rice Yogurt Bundle with Goldfish Crackers PBJ Sandwich & String Cheese Entrée Salad with Croutons ^A Served with: Potato Tots Fresh Broccoli Chilled Applesauce Chilled Mandarin Oranges Cheddar Goldfish Crackers	TUESDAY 29 OATMEAL DAY Choice of: Pancakes & Sausage Link Chicken Quesadilla Yogurt Bundle with Granola PBJ Sandwich & String Cheese Pizza Bundle Served with: Fresh Baby Carrots Mixed Vegetables Chilled Pineapple Fresh Banana	WEDNESDAY 30 Choice of: Chicken Nuggets BBQ Pork Sandwich ^A Yogurt Bundle with Goldfish Crackers PBJ Sandwich & String Cheese Ham & Cheese Flatbread Rollup ^A Served with: Mashed Potatoes with Gravy* Mixed Green Salad Fresh Apple Slices Chilled Peaches Cheetos	THURSDAY 31 Choice of: Soft Tacos Pretzel with Cheese Yogurt Bundle with Cinn Crisps PBJ Sandwich & String Cheese Pizza Bundle Served with: Refried- Beans Salsa Fresh Romaine Lettuce Fresh Oranges Chilled Pears	Students must choose a full portion of at least 3 of the 5 components to receive a full school lunch and at least one component must be a 1/2 cup of fruit or vegetable. Components include protein, grain, fruit, vegetable, and milk.

Menu subject to change due to availability and staffing.

^AContains Pork

^{*}Item available with the meal only.



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Breakfast - To Make a Meal, Students must select at least 3 items one must be a fruit or juice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of: 11/11, 11/25				
Choice of Entree: Feature - Eggoji Waffle Cereal, Pop Tart, Muffin Yogurt Craisins* 100% Juice & Milk	Choice of Entree: Feature - Breakfast Pizza Cereal, Pop Tart, Muffin Apple Slice 100% Juice & Milk	Choice of Entree: Feature - Glazed Breakfast Square Cereal, Pop Tart, Muffin Cheese Stick Chilled Fruit 100% Juice & Milk	Choice of Entree: Feature - French Toast Cereal, Pop Tart, Muffin Fresh Fruit 100% Juice & Milk	Choice of Entree: Feature - Scramble Eggs^ Cereal, Pop Tart, Muffin Toast Applesauce 100% Juice & Milk
Week of: 11/4, 11/18				
Choice of Entree: Feature - Pancake Cereal, Pop Tart, Muffin Yogurt Craisin* 100% Juice & Milk	Choice of Entree: Feature - Breakfast Bagel Cereal, Pop Tart, Muffin Apple Slices 100% Juice & Milk	Choice of Entree: Feature - Chocolate Breakfast Square Cereal, Pop Tart, Muffin Cheese stick Chilled Fruit 100% Juice & Milk	Choice of Entree: Feature - Pancake on Stick Cereal, Pop Tart, Muffin Fresh Fruit 100% Juice & Milk	Choice of Entree: Scrambled Eggs^ Cereal, Pop Tart, Muffin Toast Applesauce 100% Juice & Milk

Meal Prices
 Breakfast
 Full Price - \$1.55
 Reduced - \$.30
 Visitor - 2.55

Lunch - To Make a Meal, Students must select full portions of 3 components and one must be a 1/2 cup of fruit or vegetable.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> Meal Prices Lunch Full Price - \$2.85 Reduced - \$.40 Visitor - \$4.30 </div>				Offered Daily at Breakfast and Lunch 100% Fruit Juice Apple, Orange and Apple Cherry Lowfat Milk White, Chocolate and Strawberry	Students must choose a full portion of at least 3 of the 5 components to receive a full school lunch and at least one component must be a 1/2 cup of fruit or vegetable. Components include protein, grain, fruit, vegetable, and milk.	FRIDAY 1 No School Professional Learning Day
4	5	6	7	8		
Choice of: Mozzarella Sticks & Dipping Sauce Ranchero Pizza Yogurt Bundle with Goldfish Crackers PBJ Sandwich & String Cheese Entrée Salad with Croutons^ Served with: Seasoned Fries Fresh Broccoli Chilled Applesauce Chilled Mandarin Oranges Goldfish Grahams	Choice of: French Toast Sticks & Sausage Toasted Ham & Cheese Sandwich ^ Yogurt Bundle with Cinn Crisps PBJ Sandwich & String Cheese Pizza Bundle Served with: Potato Wedges Fresh Baby Carrots Chilled Pineapple Fresh Grapes	NACHOS DAY Choice of: Nachos Corn Dog Yogurt Bundle with Cinn Crisps PBJ Sandwich & String Cheese Pizza Bundle Served with: Ranchero-Beans* Fresh Romaine Lettuce Fresh Oranges Chilled Pears	Choice of: Cheeseburger Chicken Chili Crispito Yogurt Bundle with Goldfish Crackers PBJ Sandwich & String Cheese Ham & Cheese Flatbread Rollup^ Served with: Baked Beans* Salsa Mixed Green Salad Fresh Apple Slices Chilled Peaches Scoops	Choice of: Chicken Strips Baked Penne & Meat Sauce Yogurt Bundle with Goldfish Crackers PBJ Sandwich & String Cheese Nacho Cheese Bundle Served with: Corn Fresh Cherry Tomatoes Fresh Cucumbers Chilled Fruit Cocktail Frozen Fruit Cup Cookie		
11	12	13	14	15		
Choice of: Stuffed Crust Cheese Pizza BBQ Rib Sandwich ^ Yogurt Bundle with Goldfish Crackers PBJ Sandwich & String Cheese Entrée Salad with Croutons^ Served with: Scalloped Potatoes * Fresh Broccoli Chilled Applesauce Chilled Mandarin Oranges Garlic Breadstick	Choice of: Chicken & Waffles Stuffed Pepperoni Sandwich Yogurt Bundle with Cinn Crisps PBJ Sandwich & String Cheese Pizza Bundle Served with: Potato Smiles Red Bell Peppers Fresh Fruit Cinnamon Apples	Choice of: Hot Dog Cheese Lasagna Yogurt Bundle with Goldfish Crackers PBJ Sandwich & String Cheese Ham & Cheese Flatbread Rollup^ Served with: Steamed Broccoli Fresh Celery Fresh Apple Slices Chilled Peaches Double Chocolate Muffin	Choice of: Walking Taco Toasted Cheese Sandwich Yogurt Bundle with Cinn Crisps PBJ Sandwich & String Cheese Pizza Bundle Served with: Ranchero-Beans* Salsa Fresh Romaine Lettuce Fresh Oranges Chilled Pears	Choice of: Chicken/Spicy Sandwich Macaroni & Cheese Yogurt Bundle with Goldfish Crackers PBJ Sandwich & String Cheese Nacho Cheese Bundle Served with: Green Beans Fresh Baby Carrots Chilled Fruit Cocktail Frozen Fruit Cup Doritos		
18	19	20	21	22		
Choice of: Stuffed Crust Pepperoni Pizza Sweet & Sour Chicken with Rice Yogurt Bundle with Goldfish Crackers PBJ Sandwich & String Cheese Entrée Salad with Croutons ^ Served with: Potato Tots Fresh Broccoli Chilled Applesauce Chilled Mandarin Oranges Cheddar Goldfish Crackers	Choice of: Pancakes & Sausage Link Chicken Quesadilla Yogurt Bundle with Cinn Crisps PBJ Sandwich & String Cheese Pizza Bundle Served with: Fresh Baby Carrots Mixed Vegetables Chilled Pineapple Fresh Banana	Choice of: Chicken Nuggets BBQ Pork Sandwich^ Yogurt Bundle with Goldfish Crackers PBJ Sandwich & String Cheese Ham & Cheese Flatbread Rollup^ Served with: Mashed Potatoes with Gravy* Mixed Green Salad Fresh Apple Slices Chilled Peaches Cheetos	Choice of: Soft Tacos Pretzel with Cheese Yogurt Bundle with Cinn Crisps PBJ Sandwich & String Cheese Pizza Bundle Served with: Refried- Beans Salsa Fresh Romaine Lettuce Fresh Oranges Chilled Pears	PUMPKIN SPICE DAY Choice of: Chicken Drumstick Chili with Fritos Yogurt Bundle with Goldfish Crackers PBJ Sandwich & String Cheese Nacho Cheese Bundle Served with: Green Peas Fresh Cauliflower Chilled Fruit Cocktail Frozen Fruit Cup Cinnamon Roll Bite*		
25	26	27	28	29		
No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break		