



Elementary & Magnet School Menu (2023–24)

	MON	TUE	WED	THU	FRI
BREAKFAST	WG Breakfast Muffin & Fresh Fruit	WG Cereal, Fresh Fruit & 100% Juice Box	WG Cereal Bar & Fresh Fruit	WG Cereal Fruit Cup	Yogurt Cup, Granola & Fruit
WEEK A	Mac-N-Cheese Roasted Broccoli or WowButter* & Jelly Sandwich	Hamburger (cheese optional) or Black Bean Burger	Chicken (tenders) & Biscuits or Veggie Nuggets (v) & Biscuits	Rotini With Meat Sauce or Marinara (v) & Bosco Stick	Chicken Burrito Bowl Fajita Veggies or Veggie Bowl (v)
WEEK B	Domino's Cheese Pizza or WowButter* & Jelly Sandwich	Crispy Chicken Sandwich or Veggie Burger (v)	Mini Corn Dogs, Yogurt, Sun Chips or Warm Pretzel, Hummus (v) Cheese Stick	Orange Chicken w/Brown Rice or Tofu & Brown Rice (v)	BBQ Chicken Drumsticks & Pesto* Pasta or Pesto* Pasta w/Tofu
WEEK C	Veggie Chili (v) & Fresh Baked Cinnamon Roll or WowButter* & Jelly Sandwich	Chicken Tator Bowl or Tator Bowl w/ Veggie Nuggets (v)	Pancakes, Chicken Sausage & Roasted Potatoes or Veggie Breakfast Sausage	Soft Shell Tacos (v) Sweet Plantains or WowButter* & Jelly Sandwich	Deep Dish Pizza or Warm Pretzel, Hummus, (v) Cheese Stick

* confirms nut-free products.

(v) =denotes Vegan

In District 65, we are proud to offer Meatless Mondays, as well as vegetarian and/or vegan options every day. New this year! We offer a 3rd daily option- "Picnic Pack" (granola bar, yogurt cup, cheese stick and wheat crackers).

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY
M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F
C	C	C	C	C	C	C	C	C	C
A	A	A	A	A	A	A	A	A	A
B	B	B	B	B	B	B	B	B	B
C	C	C	C	C	C	C	C	C	C

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Menú para escuelas primarias y escuelas técnicas (magnet) 2023–24

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
DESAYUNO	Bollo (Muffin) integral y Fruta fresca	Cereal integral, Fruta fresca y caja de jugo 100% natural	Barra de cereal integral y Fruta fresca	Cereal integral, taza de fruta	Taza de yogurt, Granola y Fruta
SEMANA A	Macarrón con queso Brocoli asado o Emparedado con mantequilla Wow!* y mermelada	Hamburguesa (queso opcional) o Hamburguesa de frijoles negros	Pollo (trociitos) y galletas (Biscuits) o trociitos de vegetales empanizados (v) y galletas (biscuits)	Rotini con salsa con carne o salsa marinara (v) y varita de pan Bosco	Tazón de burrito con pollo Fajita con vegetales o Tazón con vegetales (v)
SEMANA B	Pizza de queso de Domino's o Emparedado con mantequilla Wow!* y mermelada	Emparedado de pollo crujiente o Hamburguesa vegetariana (v)	Mini "perro caliente" de maíz, Yogurt, papitas 'Sun' o Pretzel tibio, garbanzo molido (Hummus- v), varita de queso	Pollo a la naranja con arroz integral o Tofu y arroz integral (v)	Muslos de pollo con BBQ y Pasta Pesto* o Pasta Pesto* con Tofu
SEMANA C	Chili vegetariano y rollo de canela recién horneado o Emparedado con mantequilla Wow!* y mermelada	Tazón con trociitos de pollo empanizado o Tazón con trociitos con trociitos de vegetales empanizados (v)	Pancakes, salchicha de pollo y papas asadas o salchicha vegetariana para desayuno	Tacos blandos (v) Plátanos machos dulces o Emparedado con mantequilla Wow!* y mermelada	Pizza al horno o Pretzel tibio, garbanzo molido (Hummus- v), varita de queso

* confirma productos sin nueces . (v)=significa vegano

En el Distrito 65, nos enorgullece ofrecer lunes sin carne, así como opciones vegetarianas y/o veganas todos los días.

¡Nuevo este año! ¡Ofrecemos una tercera opción diaria: "Paquete de día de campo" (barra de granola, taza de yogurt, varita de queso y galletas de trigo)!

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY
M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F
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A X 5 6 7 8	A X 5 6 7 8	A X 5 6 7 8	A X 5 6 7 8	A X 5 6 7 8	A X 5 6 7 8	A X 5 6 7 8	A X 5 6 7 8	A X 5 6 7 8	A X 5 6 7 8
B 11 12 13 14 15	B 11 12 13 14 15	B 11 12 13 14 15	B 11 12 13 14 15	B 11 12 13 14 15	B 11 12 13 14 15	B 11 12 13 14 15	B 11 12 13 14 15	B 11 12 13 14 15	B 11 12 13 14 15
C 18 19 20 21 22	C 18 19 20 21 22	C 18 19 20 21 22	C 18 19 20 21 22	C 18 19 20 21 22	C 18 19 20 21 22	C 18 19 20 21 22	C 18 19 20 21 22	C 18 19 20 21 22	C 18 19 20 21 22
B 23 24 25	B 23 24 25	B 23 24 25	B 23 24 25	B 23 24 25	B 23 24 25	B 23 24 25	B 23 24 25	B 23 24 25	B 23 24 25
C 28 29 30 31	C 28 29 30 31	C 28 29 30 31	C 28 29 30 31	C 28 29 30 31	C 28 29 30 31	C 28 29 30 31	C 28 29 30 31	C 28 29 30 31	C 28 29 30 31

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