

TRACY ELEMENTARY



**BREAKFAST IS FREE
FOR EVERYONE** 😊

December 2023

Daily Breakfast Entrée Choices: Assorted Cereals, Pop Tarts, & Buttered Toast Slices
 Daily Milk Choices: 1% White Milk or Skim Chocolate Milk
 Daily Fruit Choices: Assorted Fresh Fruit, Assorted Fruit Cups
 *100% Fruit Juice is offered Monday through Friday @ Breakfast
 *100% Fruit Juice is offered Tuesday and Thursday @ Lunch
 Daily Vegetable Choices: Fresh Cut Cold Vegetables, Hot Vegetable Dujour

NOTES

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Our Meals Include:

- Meals that are made fresh daily
- Assortments of Fresh Fruits & Vegetables
- Whole Grains
- 100% Fruit Juice
- Age-Appropriate Portion Sizes
- Healthy A La Carte Selections (Smart Snacks) that meet USDA Nutritional Standards for Calories, Fat, Sugar, & Sodium (available for purchase)

Student Meal Prices:

Breakfast: FREE
Paid Lunch: \$2.55

Free Lunch Meals for Eligible Students:

Apply Online Today! www.mtsd.org

Smucker's Un crustable PBJ Pack – Available Daily (Includes an Un crustable & Cheese Stick)

1
BKFST: Pancake Bites
Grill: Smith's Hot Dog
Entree: Cheese Pizza
 Pepperoni Pizza
Hot Vegetable: Steamed Broccoli
Deli: Pretzel, Cheese, & Yogurt Pack

4
BKFST: Blueberry Muffin Square
Grill: Corn Dog
Entree: Popcorn Chicken Bowl
 Freshly Baked Dinner Roll
Hot Vegetable: Baked Beans
Salad: Chicken Chef

5
BKFST: Egg & Cheese Muffin
Grill: Chicken Patty Sandwich
Entree: Beef Soft Tacos
Hot Vegetable: Buttered Corn
Deli: Ham & Cheese Sub

6
BKFST: Celebration Benefit Bar
Grill: Cheeseburger
Entree: Pizza Crunchers w/ Sauce
Hot Vegetable: Tater Tots
Salad: Egg Chef

7
BKFST: Sausage & Cheese Bagel
Grill: Chicken Tenders
 Freshly Baked Dinner Roll
Entree: Italian Meatball Sub
Hot Vegetable: Green Beans
Deli: Turkey & Cheese Sub



8
BKFST: French Toast Sticks
Grill: Smith's Hot Dog
Entree: Cheese Pizza
 Pepperoni Pizza
Hot Vegetable: Steamed Broccoli
Deli: Pretzel, Cheese, & Yogurt Pack

11
BKFST: Scrambled Eggs w/ Toast
Grill: Chicken Nuggets
 Goldfish Crackers
Entree: Grilled Cheese Melt
Hot Vegetable: Tomato Soup
 Baked Beans
Salad: Italian Ham

12
BKFST: Mini Chicken Sausage Pancake Bites
 National "Cocoa" Puff Day
Grill: Chicken Patty Sandwich
Entree: Cheeseburger
Hot Vegetable: Waffle Fries
Deli: Ham & Cheese Sandwich



13
BKFST: Powered Sugar Donut
Grill: Cheese Dippers w/ Sauce
Entree: Pasta & Meatballs
Hot Vegetable: Green Beans
Salad: Ham & Turkey Cobb

14
BKFST: Sausage Breakfast Pizza
Grill: Mini Corn Dogs
Entree: French Toast Sticks
 w/ Sausage
Hot Vegetable: Hashbrown
Deli: Turkey & Cheese Sub

15
BKFST: Glazed Cinnamon Roll
Grill: Smith's Hot Dog
Entree: Cheese Pizza
 Pepperoni Pizza
Hot Vegetable: Steamed Broccoli
Deli: Pretzel, Cheese, & Yogurt Pack

18
BKFST: Mini Waffles
Grill: Chicken Nuggets
 Goldfish Crackers
Entree: Pizza Crunchers w/ Sauce
Hot Vegetable: Smiley Fries
Deli: Ham Chef

19
BKFST: Banana Muffin
Grill: Popcorn Chicken
 Freshly Baked Dinner Roll
Entree: Beef Nachos w/ Cheese
Hot Vegetable: Buttered Corn
Salad: Turkey & Cheese Sub

20
BKFST: Bacon, Egg, & Cheese Bagel
Grill: Grilled Cheese Melt
Entree: Pancake Bites & Chicken Sausage
Hot Vegetable: Tater Tots
Deli: Egg Chef

21
BKFST: Turkey Pancake Wrap
Grill: Chicken Patty Sandwich
Entree: Bacon Cheeseburger
Hot Vegetable: Baked Beans
Salad: Ham & Cheese Sub

22
BKFST: Vanilla Glazed Donut
Grill: Smith's Hot Dog
Entree: Domino's Pizza
 (Cheese or Pepperoni)
Hot Vegetable: Steamed Broccoli
Deli: Pretzel, Cheese, & Yogurt Pack



25
NO SCHOOL

26
NO SCHOOL

27
NO SCHOOL

28
NO SCHOOL

29
NO SCHOOL



ENJOY YOUR WINTER BREAK!



*This institution is an equal opportunity provider

*All menu items are subject to change daily without notice due to global supply chain shortages