



GRAND OAKS ELEMENTARY MENU



NUTRITIONAL INFORMATION AVAILABLE FROM DISTRICT NURSE OR DISTRICT OFFICE, FOOD SERVICE

LUNCH INCLUDES FRESH FRUIT (CANNED MAY BE AVAILABLE); FRESH SALAD and/or FRESH VEGETABLE(S)



STUDENTS CHOOSE 3 OF 5 COMPONENTS FOR LUNCH

(IE. PROTEIN, GRAIN, VEGETABLE, FRUIT, MILK)
 AN ENTREE ITEM MAY ENCOMPASS 2 COMPONENTS
 (IE. PROTEIN/GRAIN)

STUDENTS MUST TAKE 1/2 CUP OF FRUIT OR VEGETABLE AT THE MINIMUM; MORE IS ALLOWED AND BOTH ARE ALLOWED

CHILLED 1% WHITE MILK AND NONFAT CHOCOLATE MILK & OTHER FLAVORS ARE SEASONAL (no high fructose corn syrup in chocolate milk)
 ALL MENU'S SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY


FREE BREAKFAST and LUNCH for ALL STUDENTS!!!!

BREAKFAST INCLUDES FRESH FRUIT and/or JUICE (CANNED FRUIT MAY ALSO BE AVAILABLE)
(VEGETABLES ARE INCLUDED IN THIS GROUPING) GRAIN Item/s; DAIRY Item/s (MILK)

STUDENTS CHOOSE MINIMUM OF 3 OF THE 4 ITEMS OFFERED FOR BREAKFAST

(IE. PROTEIN, GRAIN, FRUIT/VEGETABLE, MILK)
 2 GRAIN COMPONENTS MAY BE TAKEN
 2 FRUIT COMPONENTS MAY BE TAKEN
 ANY ITEM MAY BE 2 COMPONENTS
 (IE. PROTEIN/GRAIN = 2 GRAIN)

STUDENTS MUST TAKE 1/2 CUP OF FRUIT OR VEGETABLE PLEASE COME AND JOIN US FOR A NUTRITIOUS, HEALTHY BREAKFAST AND LUNCH! WE PROUDLY SERVE FRANZ BREAD ITEMS THAT ARE WHOLE WHEAT AND WHOLE GRAIN

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
|  | 7 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN <u>LUNCH</u> PULLED PORK SAND. | 8 CHEESE OMELET CINNAMON TOAST SLICE <u>LUNCH</u> HOT DOG W/BUN TOTS | 9 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> ENCHILLADAS | 10 PANCAKE SAUSAGE ON A STICK <u>LUNCH</u> FRENCH BREAD PIZZA |
| 13 FRENCH TOAST STICKS <u>LUNCH</u> POPCORN CHICKEN CURLY NOODLES | 14 OATMEAL 1/2 ENGLISH MUFFIN <u>LUNCH</u> CHICKEN FAJITA SEASONED RICE | 15 BREAKFAST WRAP <u>LUNCH</u> CORN DOG POTATO WEDGES | 16 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> HOME MADE CHILI CORNBREAD | 17 YOGURT PARFAITS (FRT.&GRAN.) <u>LUNCH</u> ORANGE CHICKEN RICE |
| 20 -----NO SCHOOL----- MARTIN LUTHER KING, JR. DAY  | 21 HOT OATMEAL 1/2 ENGLISH MUFFIN <u>LUNCH</u> SOFT TACO | 22 EGGSTRAVAGANZA CINNAMON TOAST SLICE <u>LUNCH</u> TOASTED CHEESE SAND. HOMEMADE CHICKEN | 23 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> MAC N CHEESE CORN | 24 CINNAMON ROLL <u>LUNCH</u> FRENCH BREAD PIZZA |
| 27 FRENCH TOAST STICKS <u>LUNCH</u> CHICKEN NUGGETS STEAMED BROCCOLI | 28 ASSORTED COLD CEREALS 1/2 ENGLISH MUFFIN <u>LUNCH</u> BEEFY NACHOS RICE | 29 BREAKFAST BURRITO <u>LUNCH</u> SUB SANDWICH SUN CHIPS | 30 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> TURKEY W/GRAVY, MASHED POTATOES WW DINNER ROLL; CORN | 31 CINNAMON ROLL <u>LUNCH</u> FRENCH BREAD PIZZA |