



# MNSD ELEMENTARY MENU: JANUARY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### ANNOUNCEMENTS!

**BREAKFAST**  
Free for all students!  
**LUNCH**  
Students: \$3.10  
Questions? [Visit our webpage!](#)

**Check out our new  
Gluten Free  
Options--GF**

**\*\*This menu does not  
accommodate students  
with severe gluten  
sensitivities related to  
cross-contamination\*\***

Local fat-free chocolate  
and reduced-fat white milk  
are available during  
breakfast and lunch

All grains are **whole grain  
rich (WG)**  
All juice is **100% fruit juice**

A La Carte items are  
available to purchase using  
your Student Account. For  
funding and account  
management access  
[www.schoolcafe.com](http://www.schoolcafe.com)

*Menu is subject to changes*

**BREAKFAST**  
Cinnamon Toast Crunch Filled  
Breakfast Bar  
**GF-Blueberry Muffin**  
Assorted Daily Breakfast  
Items **5**

**LUNCH**  
A-Chicken Nuggets w/ Dinner  
Roll  
B-Nacho Fun Lunch  
C-Pancakes & Sausage  
D-GF Nacho Fun Lunch

**SIDES**  
Tater Tots  
Seasoned Broccoli  
Assorted Cold Fruit & Veggies

**BREAKFAST**  
Apple Filled Frudel Bar  
Breakfast Bar  
**GF- Double Chocolate Muffin**  
Assorted Daily Breakfast  
Items **6**

**LUNCH**  
A-Mozzarella Sticks  
B-Nacho Fun Lunch  
C-Chicken Sandwich  
D-GF Grilled Chicken Sandwich

**SIDES**  
Seasoned Fries  
Assorted Cold Fruit & Veggies

**BREAKFAST**  
Cinnamon Toast Crunch Filled  
Breakfast Bar  
**GF- Cinnamon Chex Cereal**  
Assorted Daily Breakfast Items **7**

**LUNCH**  
A-Mashed Potato Bowl  
w/Chicken, Gravy &  
Dinner Roll  
B-Nacho Fun Lunch  
C-Big Daddy Pizza  
D-GF Mashed Potato Bowl  
no Gravy

**SIDES**  
Seasoned Wedge Fries,  
Seasoned Corn  
Assorted Cold Fruit & Veggies

**BREAKFAST**  
Strawberry & Cream Cheese  
Filled Breakfast Bar  
**GF- Lucky Charms Cereal**  
Assorted Daily Breakfast Items **8**

**LUNCH**  
A-Pizza Crunchers  
B-Nacho Fun Lunch  
C-Cheeseburger  
D-GF Cheeseburger

**SIDES**  
Seasoned Fries  
Assorted Cold Fruit & Veggies

**BREAKFAST**  
Cinnamon Toast Crunch Filled  
Breakfast Bar  
**GF- Rice Chex Cereal**  
Assorted Daily Breakfast  
Items **9**

**LUNCH**  
A-Big Daddy Pizza Slice  
B-Nacho Fun Lunch  
C-Spicy Chicken Sandwich  
D-GF Pizza Daiya

**SIDES**  
Emoticon Mashed Potatoes  
Assorted Cold Fruit & Veggies

**BREAKFAST**  
Cinnamon Toast Crunch Filled  
Breakfast Bar  
**GF-Blueberry Muffin**  
Assorted Daily Breakfast Items **12**

**LUNCH**  
A-Waffles & Sausage  
B-Strawberry Parfait  
C-Chicken Parm Sandwich  
D-GF Chicken Parm

**SIDES**  
Tater Tots  
Assorted Cold Fruit & Veggies

**BREAKFAST**  
Apple Filled Frudel Bar  
Breakfast Bar  
**GF- Double Chocolate  
Muffin**  
Assorted Daily Breakfast Items **13**

**LUNCH**  
A-Grilled Cheese &  
Tomato Soup  
B-Strawberry Parfait  
C-Tenders w/ Dinner Roll  
D-GF Tenders

**SIDES**  
Seasoned Fries  
Mixed Vegetables  
Assorted Cold Fruit & Veggies

**BREAKFAST**  
Cinnamon Toast Crunch  
Filled Breakfast Bar  
**GF- Cinnamon Chex Cereal**  
Assorted Daily Breakfast  
Items **14**

**LUNCH**  
A-Cheeseburger  
B-Blueberry Parfait  
C-Pizza Quesadilla  
D-GF Hamburger

**SIDES**  
Seasoned Wedge Fries  
Assorted Cold Fruit & Veggies

**BREAKFAST**  
Strawberry & Cream Cheese  
Filled Breakfast Bar  
**GF- Lucky Charms Cereal**  
Assorted Daily Breakfast  
Items **15**

**LUNCH**  
A-Walking Tacos  
B-Strawberry Parfait  
C-Turkey & Cheese  
Sandwich  
D-GF Walking Tacos

**SIDES**  
Seasoned Fries  
Assorted Cold Fruit &  
Veggies

**Half Day** **16**  
No Food Services  
Offered



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## MONDAY

**No School** 19

## TUESDAY

## WEDNESDAY

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### BREAKFAST

Apple Filled Frudel Bar Breakfast Bar  
**GF- Double Chocolate Muffin**  
Assorted Daily Breakfast Items

### LUNCH

A-Cheese Filled Bosco Sticks  
B-Cinnamon Toast Crunch Cereal Fun Lunch  
C-Cheeseburger  
D-GF Hamburger

### SIDES

Seasoned Fries  
Assorted Cold Fruit & Veggies

### BREAKFAST

Cinnamon Toast Crunch Filled Breakfast Bar  
**GF- Cinnamon Chex Cereal**  
Assorted Daily Breakfast Items

### LUNCH

A-Mac & Cheese w/ Dinner Roll  
B-Lucky Charms Cereal Fun Lunch  
C-Big Daddy Pizza  
D-GF Lucky Charm Fun Lunch

### SIDES

Seasoned Wedge Fries  
Seasoned Broccoli  
Assorted Cold Fruit & Veggies

### BREAKFAST

Strawberry & Cream Cheese Filled Breakfast Bar  
**GF- Lucky Charms Cereal**  
Assorted Daily Breakfast Items

### LUNCH

A-Hot Dog  
B-Cocoa Puffs Cereal Fun Lunch  
C-Chicken Tenders w/ Dinner Roll  
D-GF Chicken Tenders

### SIDES

Seasoned Fries  
Baked Beans  
Assorted Cold Fruit & Veggies

### BREAKFAST

Cinnamon Toast Crunch Filled Breakfast Bar  
**GF- Rice Chex Cereal**  
Assorted Daily Breakfast Items

### LUNCH

A-Big Daddy Pizza Slice  
B-Cocoa Puffs Cereal Fun Lunch  
C-Turkey & Cheese Sandwich  
D-GF Pizza Daiya

### SIDES

Emoticon Mashed Potatoes  
Assorted Cold Fruit & Veggies

### BREAKFAST

Cinnamon Toast Crunch Filled Breakfast Bar  
**GF-Blueberry Muffin**  
Assorted Daily Breakfast Items

### LUNCH

A-French Toast & Sausage  
B-Chocolate Muffin Fun Lunch  
C-Chicken Patty Sandwich  
D-GF Grilled Chicken Sandwich

### SIDES

Tater Tots  
Assorted Cold Fruit & Veggies

### BREAKFAST

Apple Filled Frudel Bar Breakfast Bar  
**GF- Double Chocolate Muffin**  
Assorted Daily Breakfast Items

### LUNCH

A-Tortellini in Marinara w/ Meatballs & Garlic Knot  
B-Blueberry Muffin Fun Lunch  
C-Cheeseburger  
D-GF Penne w/ Marinara & Meatballs

### SIDES

Seasoned Fries  
Seasoned Green Beans  
Assorted Cold Fruit & Veggies

### BREAKFAST

Cinnamon Toast Crunch Filled Breakfast Bar  
**GF- Cinnamon Chex Cereal**  
Assorted Daily Breakfast Items

### LUNCH

A-Teriyaki Chicken and Rice w/ Dinner Roll  
B-Chocolate Chip Muffin Fun Lunch  
C- Cheese Filled Bosco Sticks  
D-GF Chicken Tenders

### SIDES

Seasoned Wedge Fries  
Seasoned Mixed Veggies  
Assorted Cold Fruit & Veggies

### BREAKFAST

Strawberry & Cream Cheese Filled Breakfast Bar  
**GF- Lucky Charms Cereal**  
Assorted Daily Breakfast Items

### LUNCH

A-Walking Taco  
B-Chocolate Muffin Fun Lunch  
C-Cheeseburger  
D-GF Walking Taco

### SIDES

Seasoned Fries  
Assorted Cold Fruit & Veggies

### BREAKFAST

Cinnamon Toast Crunch Filled Breakfast Bar  
**GF- Rice Chex Cereal**  
Assorted Daily Breakfast Items

### LUNCH

A-Big Daddy Pizza Slice  
B-Blueberry Muffin Fun Lunch  
C-Meatball Sandwich w/ American Cheese  
D-GF Pizza Daiya

### SIDES

Emoticon Mashed Potatoes  
Assorted Cold Fruit & Veggies



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### MONDAY

**ASSORTED DAILY BREAKFAST ITEMS**

- Bagels w/ Cream Cheese
- Assorted Cereal Cups
- Assorted Muffins
- Assorted Pop-Tarts
- Assorted Bene Breakfast Bars
- Assorted 100% Fruit Juices
- Assorted Fruits

### TUESDAY

**BREAKFAST FRUITS AVAILABLE DAILY**

- Apples
- Apple Slices
- Oranges
- Apple Juice
- Orange Juice
- Fruit Punch

### WEDNESDAY

**LUNCH SIDES AVAILABLE DAILY**

- Carrots
- Celery
- Cucumbers
- Garden Salad
- Apple
- Apple Slice
- Oranges
- Assorted Fruit Cups
- Raisons

### THURSDAY

### FRIDAY

**Check out our A La Cart Items Offered Daily and Prices**

A La Cart			
1 Baked Cookie	\$ .50	Gold Fish	\$ .60
Brownie	\$ 1.50	Gold Fish Pretzel	\$ .60
Bug Bites	\$ .60	Grandma Cookies	\$ 1.25
Cheese Itz	\$ .60	Ice Cream	\$ 1.10
Chewy Granola Bars	\$ 1.10	Motts Fruit Snacks	\$ 1.00
Chips	\$ 1.30	Pop tart	\$ 1.00
Fruit By The Foot	\$ 1.00	Pudding	\$ .60
Fruit Roll Ups	\$ 1.00	Rice Krispie Treat	\$ 1.15
		Scooby Snacks	\$ 1.00