

Elementary Menu

March 2009



Student Meal Prices	
Breakfast	
Full Price Elementary	\$1.00
Reduced K-6 at No Charge	
Lunch	
Full Price	\$1.85
Reduce Price for Grades K-2, No Charge	
Reduced Price for Grades 3-6	\$.40
Adult Lunch:	\$2.75

2 Breakfast Sandwich BBQ Chicken Sandwich Taco Salad w/Tortilla Chips Potato Triangle Fresh Relishes Peaches Variety Juice	3 Burrito Grilled Cheese w/Tomato Soup "Snack Lunch" Egg Salad Sandwich Crispy Cubes Lettuce & Tomato Salad Pineapple Orange Gelatin w/Mandarin Oranges	4 Baked Penne w/Meat Sauce French Bread Corn Dog Mandarin Chicken Salad Dinner Roll or Saltines Green Beans Tossed Salad Cherry Applesauce Cups Kiwi	5 Chicken Sandwich Pork and Vegetable Egg Roll w/Fried Rice Chef Salad Dinner Roll or Saltines Broccoli Garden Salad Apple Slices Grapes	6 Galaxy Pizza Deli Ham Wrap Chicken Caesar Salad Dinner Roll or Saltines Cutie Pie Crisp Relishes Golden Corn Oranges
PBJ Uncrustable	Breakfast Burrito	Breakfast Sandwich	Whole Grain Pop Tart w/Sausage	Waffles
9 Chicken Nuggets Beef Soft Taco Taco Salad w/Tortilla Chips Muffin French Fries Garden Salad Peaches Grapes	10 Macaroni & Cheese BBQ Pork Sandwich "Snack Lunch" Yogurt, Cheese, & Muffin Dinner Roll Peas & Carrots Fresh Relishes Applesauce Fruited Gelatin w/Bananas	11 Seasoned Breadsticks Oven Fried Chicken Mandarin Chicken Salad Mashed Potatoes & Gravy Dinner Roll or Saltines Tossed Salad Orange Pinwheels Cutie Pie	12 Cheeseburger/Hamburger Cuban Pork Potatoes Chef Salad Dinner Roll or Saltines Green Beans Burger Salad Variety Juice Fresh Pears	13 Deli Roll Up Fish Sandwich Chicken Caesar Salad Dinner Roll or Saltines Coleslaw Golden Corn Wawona Fruit Pop Fresh Apple Wedges
Yogurt & Muffin	Scrambled Egg w/Toast	Bagel Stick	Egg Omelet	French Toast
16 Teriyaki Chicken w/Brown Rice Chicken Alfredo Taco Salad w/Tortilla Chips Oriental Vegetables Fresh Relishes Mixed Fruit Variety Juice	17 Chili w/Corn Bread Deli Turkey Wrap "Snack Lunch" Seeds, Cheese, & Muffin Broccoli Garden Salad Applesauce Banana	18 Country Style Steak Strips Cheese Enchiladas Mandarin Chicken Salad Biscuit or Saltines Mashed Potatoes & Gravy Lettuce & Tomato Salad Variety Juice Orange Wedges	19 Italian Dunkers w/Stromboli Sauce Philly Cheese Steak Sandwich Chef Salad Dinner Roll or Saltines Green Beans Fresh Relishes Apple Wedges Fruited Gelatin	20 Galaxy Pizza Tuna Salad Sandwich Chicken Caesar Salad Dinner Roll or Saltines Golden Corn Tossed Salad Kiwi Peaches
PBJ Uncrustable	Breakfast Burrito	Breakfast Sandwich	Whole Grain Pop Tart w/Sausage	Waffles
23 Hot Dog on a Bun Sweet & Sour Chicken w/Brown Rice Taco Salad w/Tortilla Chips Spudsters Fresh Relishes Variety Juice Oranges	24 Ravioli Pork Rib Dippers "Snack Lunch" Yogurt, Cheese & Muffin Tossed Salad Dinner Roll Peas & Carrots Shape Ups Fresh Apple Wedges	25 Chicken Quesadilla Sloppy Joe on a Bun Mandarin Chicken Salad Dinner Roll or Saltines Green Beans Tossed Salad Grapes	26 Turkey & Gravy Fish Nuggets Chef Salad Dinner Roll or Saltines Mashed Potatoes & Gravy Coleslaw Kiwi Fruited Gelatin	27 Baked Potato PBJ Uncrustable w/Seeds or Cheese Chicken Caesar Salad Dinner Roll or Saltines California Blend Vegetables Tossed Salad Mandarin Orange Pears
Yogurt & Muffin	Scrambled Egg w/Toast	Bagel Stick	Egg Omelet	French Toast

Menus are subject to change due to price and product availability.
Reduced Price **Breakfast** for the 08/09 school year is at No Charge.

MealPay

Manage your child's school lunch account Prepay by Internet by logging on to www.mealpayplus.com or phone 1.866.609.0949

Milk is offered with every meal. Milk Choices include 1% unflavored, 1% chocolate and strawberry and unflavored skim or 2% milk.

Breakfast items on the menu include juice and milk. A breakfast option of cereal, toast, juice is offered daily. Check with your school for breakfast availability.

Breakfast Entrée

Employment Opportunities Looking for the perfect P/T job?
2-6 hours /day, \$ 9.05 Advancement opportunities
Call 303.982.6747



National School Breakfast Week
March 2 - March 6



"Eat your breakfast. It's the most important meal of the day!"

Why are parents always saying that?

Well, imagine you're a car. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road.

Some kids skip breakfast because they sleep too late or because they think it's a way to stay thin. But skipping breakfast doesn't help people maintain a healthy weight. In fact, someone who skips breakfast tends to eat more calories throughout the day.

If you find yourself skipping breakfast because you're too rushed, try these quick breakfasts. They're easy to grab on the way out the door or can be prepared the night before:

- single servings of whole-grain, low-sugar cereal
- yogurt
- fresh fruit
- whole-grain muffin
- trail mix of nuts, dried fruits, pretzels, crackers, and dry cereal