N Elementary School Lunch Menu

Sandwich	Bisc			Breakfast- cereal, muffins, hard boiled eggs, and cheese sticks available daily. Meals include fruit, juice, and milk.							
	Biscuit & Jelly		Mini Confetti Pancakes		Sausage Pancake Bites		Mini Cinnis				
-	A– Nacho Supreme B– Fruit Parfait w/ Grahams C– Chicken Caesar Salad w/ Grahams		A– Grilled Cheese Sandwich B– PBJ & Goldfish C– Turkey Sandwich		A– Chicken Poppers B– Yogurt Combo Pack C– Chef Salad w/ Cheez-its		A– Mini Corn Dogs B– Cold Build-it-Pizza C– no C choice				
ed Veggies	Refried Beans		Baked French Fries		Broccoli w/ Cheese Sauce		Mashed Potatoes				
with White Rice B-		 A- Macaroni & Cheese B- Fruit Parfait w/ Grahams C- Chicken Caesar Salad w/ Grahams 		A– Soft Beef Taco with Fritos & Salsa B– PBJ & Goldfish C– Turkey Sandwich		Pancake Bites ⁄ogurt Combo Pack	A– Cheese Bosco Sticks B– Cold Build-it-Pizza C– no C choice				
Fresh Cooked Carrots		Fresh Steamed Broccoli		Refried Beans		Hot Cinnamon Apples	Corn				
B– PBJ & Goldfish C– Ham & Cheese Sandwich C– Chicke		Sausage rfait w/ Grahams B- Caesar Salad C-		Garlic Toast B– PBJ & Goldfish		ogurt Combo Pack	A– All Beef Hot Dog B– Cold Build-it-Pizza C– no C choice				
Green Beans		Potato Emoticons		Caesar Side Salad		Sweet Potato Fries	Baked Beans**				
M T W TR F Green 1 2 Red 5 6 7 8 9 Blue 12 13 14 15 16 Green 19 20 21 22 23 Red 16 17 18		TR F 5 6 12 13 19 20	IR F M T W TR Green 30 1 2 3 5 6 Red 7 8 9 10 12 13 Fall Break Fall Break 19 20 Fall Break Fall Break		Blue 18 19 20 21 22	Red 2 3 4 5 6 Blue 9 10 11 12 13 Green 16 17 18 19 20 Winter Break					
	Rice sh se Sandwich ed Carrots a sh see Sandwich Beans Aug M T Green Red 5 6 Blue 12 13 Green 19 20	se Sandwich ed Veggies ur Chicken Rice sh se Sandwich ed Carrots A – Macaron B – Fruit Par C – Chicken w/ Graha ed Carrots Fresh Ste B – Fruit Par C – Chicken w/ Graha B – Fruit Par C – Chicken B – Fruit Par C – Chicken W Graha B – Fruit Par C – Chicken W Graha B – Fruit Par C – Chicken W Graha B – Fruit Par C – Chicken B – Fruit Par C – Chicken B – Fruit Par C – Chicken W Graha B – Fruit Par C – Chicken B – Fruit Par C – Chicken C – C	se Sandwich C- Chicken Caesar Salad w/ Grahams ed Veggies Refried Beans ur Chicken A- Macaroni & Cheese Rice B- Fruit Parfait w/ Grahams sh C- Chicken Caesar Salad w/ Grahams se Sandwich Fresh Steamed Broccoli ed Carrots Fresh Steamed Broccoli a A- French Toast with Turkey Sausage sh Se Sandwich es Sandwich Freit Parfait w/ Grahams es Sandwich A- French Toast with Turkey Sausage B- Fruit Parfait w/ Grahams C- Chicken Caesar Salad w/ Grahams sh Potato Emoticons Baans Potato Emoticons August Septembe M T W TR F Blue 12 13 14 15 16 Green 1 2 Blue 12 13 14 15 16 Green 19 20 21 22 23 Blue NS 3 4 Green 9 10 11 Red 16 17 18	se Sandwich C- Chicken Caesar Salad w/Grahams C- Turke w/Grahams ed Veggies Refried Beans Bai ur Chicken A- Macaroni & Cheese B- Soft Rice B- Fruit Parfait w/ Grahams A- Soft sh C- Chicken Caesar Salad B- PBJ & C- Turke se Sandwich Fresh Steamed Broccoli B- PBJ & C- Turke ed Carrots Fresh Steamed Broccoli B- PBJ & C- Turke a A- French Toast with Turkey Sausage A- Pasta Garli sh B- Fruit Parfait w/ Grahams B- PBJ & C- Turke ses Sandwich B- Fruit Parfait w/ Grahams C- Turke B- Fruit Parfait w/ Grahams C- Turke Garli sh September C- Turke sh Potato Emoticons Ca Baue Y Y T Blue 12 13 14 15 Blue 12 13 14 15 16 Green 19 20 21 22 23	se Sandwich C- Chicken Caesar Salad w/ Grahams C- Turkey Sandwich ad Veggies Refried Beans Baked French Fries ur Chicken A- Macaroni & Cheese B- Fruit Parfait w/ Grahams C- Chicken Caesar Salad w/ Grahams A- Soft Beef Taco with Fritos & Salsa B- PBJ & Goldfish C- Turkey Sandwich se Sandwich A- Macaroni & Cheese B- Fruit Parfait w/ Grahams (Grahams A- Soft Beef Taco with Fritos & Salsa B- PBJ & Goldfish C- Turkey Sandwich ad sh se Sandwich A- French Toast with Turkey Sausage B- Fruit Parfait w/ Grahams C- Chicken Caesar Salad w/ Grahams A- Pasta & Meat Sauce with Garlic Toast B- PBJ & Goldfish C- Turkey Sandwich as sh sh sh sh sh sh A- French Toast with Turkey Sausage B- Fruit Parfait w/ Grahams C- Chicken Caesar Salad w/ Grahams A- Pasta & Meat Sauce with Garlic Toast B- PBJ & Goldfish C- Turkey Sandwich Bans Potato Emoticons Caesar Side Salad M T W TR Blue M Green 12 13 14 15 16 Green 19 20 21 22 23 Red 7 8 9 10 Blue 12 13 14 15 16 17	se Sandwich C- Chicken Caesar Salad w/Grahams C- Turkey Sandwich C- C ar Chicken Refried Beans Baked French Fries Br ar Chicken A- Macaroni & Cheese B- Fruit Parfait w/ Grahams A- Soft Beef Taco with Fritos & Salsa A- G sh C- Chicken Caesar Salad w/ Grahams A- Soft Beef Taco with Fritos & Salsa B- Y se Sandwich A- Macaroni & Cheese B- Fruit Parfait w/ Grahams C- Turkey Sandwich A- G ed Carrots Fresh Steamed Broccoli Refried Beans B- YBJ & Goldfish Garlic Toast B- YG a sh ese Sandwich A- French Toast with Turkey Sausage A- Pasta & Meat Sauce with Garlic Toast A- G B- Fruit Parfait w/ Grahams C- Chicken Caesar Salad w/ Grahams A- Pasta & Meat Sauce with Garlic Toast A- G B- Sandwich A- French Toast with Turkey Sausage C- Turkey Sandwich A- G B- Sandwich A- French Toast with Turkey Sausage C- Turkey Sandwich A- G B- Sandwich A- French Toast With Turkey Sausage C- C C- G B- Sandwich A- French Toast With Turkey Sausage C- Turkey Sandwich C- G B- Sandwich	See Sandwich C- Chicken Caesar Salad w/ Grahams C- Turkey Sandwich C- Chef Salad w/ Cheez-its ad Veggies Refried Beans Baked French Fries Broccoli w/ Cheese Sauce ar Chicken A- Macaroni & Cheese B- Fruit Parfait w/ Grahams Sh A- Soft Beef Taco with Fritos & Salsa A- Cheese Omelet with Pancake Bites Se Sandwich C- Chicken Caesar Salad w/ Grahams A- Soft Beef Taco with Fritos & Salsa A- Cheese Omelet with Pancake Bites Se Sandwich C- Chicken Caesar Salad w/ Grahams C- Turkey Sandwich A- Cheese Omelet with Pancake Bites Se Sandwich Fresh Steamed Broccoli Refried Beans A- Chicken Tenders B- Fruit Parfait w/ Grahams Sh ses Sandwich A- French Toast with Turkey Sausage A- Pasta & Meat Sauce with Garlic Toast A- Chicken Tenders B- Fruit Parfait w/ Grahams C- Chicken Caesar Salad w/ Grahams A- Pasta & Meat Sauce with Garlic Toast A- Chicken Tenders B- Yogurt Combo Pack C- Chicken Caesar Salad w/ Grahams C- Turkey Sandwich A- Chicken Tenders B- Yogurt Combo Pack C- Chicken Caesar Salad w/ Grahams C- Turkey Sandwich A- Chicken Tenders B- Yogurt Combo Pack C- Chicken Caesar Salad C- Turkey Sandwich A- Chicken Tenders B- Yogurt Combo Pack C- Chicken Caesar Salad C- Turkey Sandwich				

Items marked with * contain pork

Menus are subject to change Option B is always vegetarian

For item descriptions, calorie information, and ingredients see the monthly interactive menu at millerscafe.org

Breakfast Students- \$1.35 Adults- \$2.00 unch Students- \$2.00 Adults- \$3.25 **Build a Healthy** Tray Collect 3-5 different colored dots Choose MyPlate.gov Pick a lunch entrée choice : A, B, or C—- hot or cold meal options made with lean protein and whole grains. Pick side choices: choose: Up to 3 sides * – 1 fruit choice – 1-2 veggie choices Pick a milk choice: * Skim chocolate, skim white or 1% white. Lactose free milk available upon request. Meals <u>MUST</u> include 1 fruit or veggie to qualify for meal pricing. An assortment of fresh cut fruits, veggies, and side salads are served daily.