

EMERSON, LINCOLN & CENTRAL ELEMENTARY



Breakfast and Lunch Menu

● Meals are **FREE** to all Students at Elementary Schools●
All meals include low-fat white milk or fat-free chocolate milk.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Banana Bread <hr/> Chicken Soft Taco on WG Tortilla Broccoli Mixed Fruit Salsa	2 Yogurt & Crackers <hr/> Peanutbutter & Jelly On WG Bread Celery Sticks Apple Sauce	3 Warm Breakfast Wrap <hr/> BBQ Chicken Sandwich on a WG Bun Corn Grapes	4 Fun Cereal Pouch <hr/> Brunch for Lunch WG Pancakes Egg Patty Sweet Potato Tater Tots Strawberries	5 Yummy Breakfast Bar <hr/> Hamburger or Cheeseburger on WG Bun Baked Beans Banana
8 Zucchini Bread <hr/> Hot Ham & Cheese Sandwich Red Peppers Fresh Grapes	9 Apple Cherry Crunch Bar <hr/> All American Hot Dog on WG Bun Baked Beans Fresh Apple	10 Warm Mini Pancakes <hr/> Chicken Nuggets Mashed Potatoes and Gravy Orange Smiles	11 Yogurt & Crackers <hr/> Teriyaki Dippers Asian Rice Bowl Green Peppers Diced Pears	12 Party Poptart <hr/> Cheese or Pepperoni Pizza on WG Crust Romaine Salad Juicy Peaches
15 Blueberry Breakfast Bar <hr/> Grilled Cheese On WG Bread Hearty Tomato Soup Banana	16 Chocolate Chip Muffin <hr/> Italian Spaghetti Pasta Bake Garlic Breadstick Broccoli Crisp Apple	17 Pancake on a Stick <hr/> Beefy Nachos WG Tortilla Chips Refried Beans Mixed Fruit	18 Fun Cereal Bar <hr/> Mandarin Orange Chicken Fried Rice Cool Cucumbers Diced Peaches	19 Oatmeal Chocolate Bar <hr/> Hamburger or Cheeseburger on WG Bun Baked Fries Satsuma Orange
22 Yogurt & Scooby Snacks <hr/> Beefy Soft Taco on WG Tortilla Crisp Corn Mandarin Oranges	23 Fun Cereal Pouch <hr/> Brunch for Lunch WG Waffle Sticks Egg Patty Sweet Potato Tater Tots Strawberries	24 Warm Breakfast Burrito <hr/> Golden WG Corndog Baked Beans Fresh Banana	25 Strawberry Breakfast Bar <hr/> Crispy Chicken Sandwich on WG Bun Green Beans Fresh Grapes	26 Backpacker Bites & Gogurt <hr/> Cheese or Pepperoni Pizza on WG Crust Romaine Salad Juicy Peaches
29 No School 	30 WG Banana Bread <hr/> Yummy Chili WG Corn Muffin Fresh Carrots Orange Smiles	31 Maple Madness Mini Waffles <hr/> Chicken Nuggets Wheat Roll Mashed Potatoes and Gravy Peaches		

2017



Breakfast Entrees include: fruit juice and fresh fruit

All Grains are 51% Whole Grain Rich

Menu items do not contain artificial trans fats

Menu items subject to availability

** Sunbutter offered for those with a peanut allergy

Adult Meal Prices -

Breakfast \$1.75, Lunch \$3.50

Child Visitor Meal Prices -

Breakfast \$1.50, Lunch \$2.75