

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

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