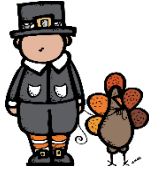







EMERSON, LINCOLN & CENTRAL ELEMENTARY



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 Warm Breakfast Burrito <hr/> Chicken Nuggets Mashed Potatoes and Gravy Mixed Fruit	 2 Backpackers w Big Gogurt <hr/> Cheesy Garlic Flatbread Tomato Soup Fresh Oranges	3 Strawberry NutriGrain Bar <hr/> Turkey & Cheese Sandwich Broccoli Fresh Banana	4 Chocolate Oatmeal Breakfast Bar <hr/> Ham & Cheese Sandwich Beans Juicy Peaches	5 Banana Bread Delight <hr/> Scooby Snack WG Crackers Big Gogurt Celery Sticks Halo Orange
Parent Conferences - Early Release				
6 Bunny Grahams Cheese Stick <hr/> Golden Corndog Baked Beans Fresh Apples	7 Chocolate Oatmeal Breakfast Bar <hr/> Teriyaki Dippers Asian Rice Bowl Cucumbers Mandarin Oranges	8 Warm Breakfast Wrap <hr/> Popcorn Chicken Crinkle Cut Fries Peaches	9 Blueberry NutriGrain Bar <hr/> WG Pancakes Egg Patty Sweet Potato Tater Tots Sweet Strawberries	10 No School  Veterans Day
11 Zucchini Bread Delight <hr/> Chicken Drumstix WG Roll Carrots Pears	12 Apple Cherry Crunch Bar <hr/> Beef Soft Taco Refried Beans Pineapple	13 Mini Strawberry Pancakes <hr/> Chicken Nuggets Mashed Potatoes and Gravy Banana	 Thanksgiving Break No School	
14 Blueberry Breakfast Bar <hr/> Whole Grain Mozzarella Breadsticks Romaine Salad Pears	15 Chocolate Chip Muffin <hr/> Beef Chili WG Corn Muffin Carrots Grapes	16 Pancake on a Stick <hr/> Super WG Nachos Refried Beans Oranges	17 Fun Cereal Bar <hr/> Lasgana Roll-Up Broccoli Applesauce	

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

Adult Meal Prices - Breakfast
\$1.75, Lunch \$4.00

Child Visitor Meal Prices - Breakfast
\$1.50, Lunch \$2.85

** Sunbutter offered for those with a peanut allergy

USDA and this institution are equal opportunity employers and providers.