


## Elementary School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Beef Soft Taco</b> <b>Chicken Patty Sandwich on Whole Wheat bun</b> <b>Cheese Quesadilla (V)</b>  *Fruit & Veggie Bar Milk	<b>Galaxy Pizza (V)</b> <b>Baked Chicken W/ Parmesan Noodles</b> <b>Hamburger or Veggie burger</b>  *Fruit & Veggie Bar Milk	<b>Mac &amp; Cheese (V)</b> <b>Hot Dog</b> <b>Meatloaf W/ Mashed Potatoes</b>  *Fruit & Veggie Bar Milk	<b>Beef Dunkers W/ Rice</b> <b>Popcorn Chicken W/ Wheat Roll</b> <b>Bagel W/ Yogurt &amp; Cream Cheese (V)</b>  *Fruit & Veggie Bar Milk	<b>Chicken Nuggets</b> <b>Grilled Cheese Sandwich on Whole Wheat Bread (V)</b> <b>Fish Nuggets</b> <b>Tater Tots</b>  *Fruit & Veggie Bar Milk
<b>Breakfast for Lunch</b> <b>French Toast W/ Egg (V) or Turkey Sausage</b> <b>Hamburger or Veggie Burger</b> <b>Blueberry Muffin &amp; String Cheese</b> *Fruit & Veggie Bar Milk	<b>Beef Chili W/ Crackers</b> <b>Corn Dog</b> <b>Bean &amp; Cheese Burrito (V)</b>  *Fruit & Veggie Bar Milk	<b>Veterans' Day</b> <b>No School</b>  	<b>Roast Turkey W/ Mashed Potatoes</b> <b>Tony's Pizza (V)</b> <b>Sub Sandwich</b> <b>Goldfish Crackers</b>  *Fruit & Veggie Bar Milk	<b>Chicken Nuggets</b> <b>BBQ Beef Sandwich</b> <b>Cheese Quesadilla (V)</b>  *Fruit & Veggie Bar Milk
<b>Galaxy Pizza (V)</b> <b>Chicken Taquitos W/ Spanish Rice</b> <b>Bagel W/ Yogurt &amp; Cream Cheese</b>  *Fruit & Veggie Bar Milk	<b>Cheesy Beef Nachos</b> <b>Cheese Omelet W/ Tater Tots (V)</b> <b>Chicken Patty Sandwich on Whole Wheat Bun</b>  *Fruit & Veggie Bar Milk	<b>Pasta W/ Marinara Sauce (V) Meatballs</b> <b>Chicken Nuggets W/ Breadstick</b> <b>Beef Soft Taco</b>  *Fruit & Veggie Bar Milk	<b>Meatloaf W/ Mashed Potatoes</b> <b>Whole Grain Corndog</b> <b>Grilled Cheese Sandwich on Whole Wheat Bread (V)</b> Treat Day *Fruit & Veggie Bar Milk	<b>Breakfast for Lunch</b> <b>French Toast Sticks W/ Egg (V) or Turkey Sausage</b> <b>Hamburger or Veggie Burger</b> <b>Delish Sub Sandwich</b>  *Fruit & Veggie Bar Milk
			  <b>NO SCHOOL</b>	
<b>Baked Chicken</b> <b>BBQ Beef Rib Sandwich</b> <b>Cheese Omelet W/ Tater Tots</b>  *Fruit & Veggie Bar Milk	*Fresh Fruit and Vegetable Bar Offered Daily Featuring: Fresh Salad Greens Canned Fruit Baby Carrots Raisins Fresh Fruit Of The Day		All burgers use Whole Wheat breads.  <b>V = Vegetarian</b> Menu Subject to Change  You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program you can call the Child Nutrition office at (925) 824.1807 or (925) 824.1809.	

### Good for Kids; Good for Parents!

For parents with busy morning schedules, it's sometimes difficult to ensure that kids are eating a healthy breakfast before they head off to school. Children often aren't ready to eat right after waking up, and it can be challenging to find nutritious breakfast foods they like. Some kids refuse breakfast at home and discover that they're hungry when they arrive at school.

Studies have proven that kids who eat breakfast achieve higher academic scores, are more alert in class, visit the school nurse less often, and are better behaved in school.

Source: [www.fns.usda.gov](http://www.fns.usda.gov)

#### Lunch:

Price: \$3.50 paid, \$0.40 reduced\*, free\* (\*if qualified), \$4.25 adult

The School Lunch Program is operated in accordance with the U.S. Department of Agriculture policy, which does not permit discrimination because of race, color, sex, age, handicap, or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250. Food service provided by Chartwells School Dining Services.

### APPLE MAZE

Find your way through the apple to the other side.

