**2021-2022 ELEMENTARY SCHOOL CYCLE MENU** Revised 07/28/2021

| **MONDAY**  | **TUESDAY**  | **WEDNESDAY**  | **THURSDAY**  | **FRIDAY**  |
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| BREAKFAST – WEEK I |
| **Choose 2** Chilled Apple JuiceCraisins**Choose 1**Blueberry Mini-Pancakes (2G/0M) Cereal & Cheese Stick (1G/1M) **Choose 1 Milk I M** | **Choose 2** Cherry Star Vegetable Juice BlendOrange Wedges**Choose 1**Sausage Breakfast Pizza (1G/1M)Cereal & Nutri-Grain Bar (2G/0M)**Choose 1 Milk I T** | **Choose 2** Chilled Blended Fruit Juice Baby Carrots**Choose 1**Pancake Puppy (1G/1M) Cereal & Cheese Stick (1G/1M) **Choose 1 Milk I W** | **Choose 2** Chilled Orange JuiceFresh Pear**Choose 1**Ham & Cheese Croissant (1G/1M) Cereal & Nutri-Grain Bar (2G/0M)**Choose 1 Milk I H** | **Choose 2** Chilled Blended Fruit JuiceFresh Apple Slices**Choose 1**French Toast Sticks (2G/0M)Cereal & Cheese Stick (1G/1M) **Choose 1 Milk I F** |
| LUNCH – WEEK I |
| **Choose 1 Protein & Grain**Pizza Sticks w/Dipping Saucecarrot2  (1.5G/2M)Ham & Cheese Pull-Apart Bread Sticks (2G/2M)Vegetarian Stuffed Pepper carrot2 w/Garlic Bread (2G/2M) **Add:**Green Beans**Garden Vegetable Bar**BLT Romaine Salad (½ C DG, ⅛ C  R/O, 0.25G)Baby Carrots (½ C R/O)Celery Sticks**Fruit Bar**Kiwi Wedges and Fresh StrawberriesChilled Mixed Fruit*Assorted Dressings***Choose 1 Milk I M****G MIN: 1.25 M MIN: 1.5** | **Choose 1 Protein & Grain**Popcorn Chicken w/Dinner Roll  (2G/2M)Zesty Meatloaf w/Dinner Roll  (1.5G/2M)Mini Calzones w/Dipping Sauce carrot2 (2G/2M)**Add:**Mashed Potatoes w/Gravy (½ C S)Parmesan Broccolini (½ C DG)**Garden Vegetable Bar**Layered Lettuce Salad (¼ C DG)Cucumber Slices**Fruit** **Bar**Apple WedgesFrozen Fruit Juice Cup*Assorted Dressings***Choose 1 Milk I T****G MIN: 1.5 M MIN: 2**  | **Choose 1 Protein & Grain**Cheese Pizzacarrot2(2G/2M)Pepperoni Pizza (2G/2M)Sloppy Joe Sliders (2G/2M)**Add:**Sunshine Carrots (¼ C R/O)**Garden Vegetable Bar**Super Food Salad (½ C DG)Grape Tomatoes (½ C R/O)Cauliflower Florets **Fruit Bar**Fresh PearApplesauce Cup*Assorted Dressings***Choose 1 Milk I W****G MIN: 2 M MIN: 2** | **Choose 1 Protein & Grain**Rosé Bolognese w/Garlic Bread carrot2  (2G/2M)Cheesy Breadcarrot2(2G/2M)All Beef Hot Dog/Bun w/Chili (2G/2M)**Add:**Baked Beans (½ C B)**Garden Vegetable Bar**Greek Salad (¼ C DG, ⅛ C R/O)Baby Carrots (½ C R/O)Broccoli Florets (½ C DG)**Fruit Bar**Orange WedgesStrawberry Shortcake*Assorted Dressings***Choose 1 Milk I H****G MIN: 2 M MIN: 2**  | **Choose 1 Protein & Grain**Crispy Chicken/Bun (3.25G/2M)Cheeseburger (2G/3.25M)Grilled Cheese Sandwichcarrot2 (2G/2M)**Add:**Curly Fries (½ C S)Tomato Basil Soup (½ C R/O)**Garden Vegetable Bar**Tossed Salad (½ C DG)Sliced Tomato & Pickles (⅛ C R/O)**Fruit Bar**Chilled PeachesGraham Banana Bites (0.25 G)*Assorted Dressings***Choose 1 Milk I F****G MIN: 2 M MIN: 2** |
| SACC SNACK – WEEK I |
| Milk (1 Ctn)Oatmeal Bites (1 Pkg) | Ice Water (6 oz Cup)Cheese Stick (1 Pkg)Fresh Orange Wedges (6 Qtrs) | Milk (1 Ctn)Annie’s Bunny Cheddar Crackers (1 Pkg) | Milk (1 Ctn)Fresh Apple (1 Apple) | Milk (1 Ctn)Blueberry Lemon Crispy Bites (1 Pkg) |

  Vegetarian Entree Entrée Prepared Fresh in Each School Kitchen

**Yogurt** **with Fruit Bread; SunWise Sandwich**  **& Cheese Stick w/Crackers; and MYO Salad with Fruit Bread available daily.**

**ALL LUNCHES INCLUDE A CHOICE OF SKIM, LOW-FAT, or FAT-FREE CHOCOLATE MILK.**

**G MIN: 8.75 M MIN: 9.5 1½ C Starchy, ½ C Bean, 3 C DG, 2⅜ C R/O, 2½ C Other**

**2021-2022 ELEMENTARY SCHOOL CYCLE MENU**

| **MONDAY**  | **TUESDAY**  | **WEDNESDAY**  | **THURSDAY**  | **FRIDAY**  |
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| BREAKFAST – WEEK II |
| **Choose 2** Chilled Apple JuiceCraisins**Choose 1**Blueberry Mini-Pancakes (2G/0M) Cereal & Cheese Stick (1G/1M) **Choose 1 Milk II M** | **Choose 2** Cherry Star Vegetable Juice BlendOrange Wedges**Choose 1**Sausage Breakfast Pizza (1G/1M)Cereal & Nutri-Grain Bar (2G/0M)**Choose 1 Milk II T** | **Choose 2** Chilled Blended Fruit Juice Baby Carrots**Choose 1**Pancake Puppy (1G/1M) Cereal & Cheese Stick (1G/1M) **Choose 1 Milk II W** | **Choose 2** Chilled Orange JuiceFresh Pear**Choose 1**Ham & Cheese Croissant (1G/1M) Cereal & Nutri-Grain Bar (2G/0M)**Choose 1 Milk II H** | **Choose 2** Chilled Blended Fruit JuiceFresh Apple Slices**Choose 1**French Toast Sticks (2G/0M)Cereal & Cheese Stick (1G/1M) **Choose 1 Milk II F** |
| LUNCH – WEEK II |
| **Choose 1 Protein & Grain**Fiesta Queso Macaroni & Cheese carrot2 w/Dinner Roll (2G/1.75M)Chicken Teriyaki over Rice  w/Dinner Roll (2G/2M)Morningstar Chik’n Nuggets  w/Dinner Roll (2G/1.75M)**Add:**Stir Fried Cabbage**Garden Vegetable Bar**BLT Romaine Salad (½ C DG, ⅛ C  R/O, 0.25G)Baby Carrots (½ C R/O)Broccoli Florets (½ C DG)**Fruit Bar**Pear WedgesMandarin Orange Cup*Assorted Dressings***Choose 1 Milk II M****G MIN: 2 M MIN: 1.75** | **Choose 1 Protein & Grain**Beef Nachos w/Queso (2G/2.75M)Chicken Fajita w/Cheese (1G/2M)Stuffed Crust Cheese PizzaDescription: carrot2(2G/2M) **Add:**Baked Plantains (½ C S)**Garden Vegetable Bar**Corn Salad (½ C S)Lettuce & Tomato (⅛ C R/O)Celery Sticks**Fruit Bar**Fresh AppleFrozen Mixed Berry or Peach Cup*Salsa**Sour Cream***Choose 1 Milk** **II T****G MIN: 2 M MIN: 2** | **Choose 1 Protein & Grain**Cheese Quesadillacarrot2 (2G/2M)Corn Dog Nuggets (2G/2M)Spaghetti & Meat Sauce  w/Garlic Bread (2.5G/1.5M)**Add:**Steamed Broccoli (½ C DG)**Garden Vegetable Bar**Pomegranate Blueberry Spinach Salad  (½ C DG)Cucumber SlicesPumpkin Soufflé (½ C R/O) **Fruit Bar**Fresh Grape ClustersChilled Pineapple Chunks*Assorted Dressings*Choose 1 Milk Il W **G MIN: 2 M MIN: 1.5** | **Choose 1 Protein & Grain**Chicken & Waffles (3.5G/1.5M)Mini Pancakes w/Sausage Links (2G/1.5M)LTO**Add:**Hot Spiced Apples**Garden Vegetable Bar**Greek Salad (¼ C DG, ⅛ C R/O)Sunny Broccoli & Cauliflower Toss  (¼ C DG)Baby Carrots (½ C R/O)**Fruit Bar**Fresh Banana Fruit Crisp (0.25G)*Syrup**Assorted Dressings***Choose 1 Milk II H****G MIN: 1 M MIN: 1.5** | **Choose 1 Protein & Grain**Spicy Chicken/Bun (3G/2M)Chicken Enchilada (2G/3.5M)Fish Nuggets w/Dinner Roll (2.5G/2M)**Add:**Baked Beans (½ C B)Kickin’ Roasted Veggies (¼ C DG)**Garden Vegetable Bar**Tossed Salad (½ C DG)Sliced Tomato & Pickles (⅛ C R/O)**Fruit Bar**Chilled Pears & BlueberriesFresh Melon or Clementine*Assorted Dressings***Choose 1 Milk II F****G MIN: 2 M MIN: 2** |
| SACC SNACK - WEEK II |
| Milk (1 Ctn)Oatmeal Bites (1 Pkg) | Ice Water (6 oz Cup)Cheese Stick (1 Pkg)Fresh Orange Wedges (6 Qtrs) | Milk (1 Ctn)Annie’s Bunny Cheddar Crackers (1 Pkg) | Milk (1 Ctn)Fresh Apple (1 Apple) | Milk (1 Ctn)Blueberry Lemon Crispy Bites (1 Pkg) |

  Vegetarian Entree Entrée Prepared Fresh in Each School Kitchen

**Yogurt** **with Fruit Bread; SunWise Sandwich**  **& Cheese Stick w/Crackers; and MYO Chef Salad with Fruit Bread available daily.**

**ALL LUNCHES INCLUDE A CHOICE OF SKIM, LOW-FAT, or FAT-FREE CHOCOLATE MILK.**

**G MIN: 9 M MIN: 8.5 1 C Starchy, ½ C Bean, 3 C DG, 2¼ C R/O, 2⅜ C Other**

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| **AUGUST 2021** |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |
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| **29** | **30** | **31** |  |  |  |  |

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| **SEPTEMBER 2021** |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |
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| **5** | **6** | **7** | **8** | **9** | **10** | **11** |
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| **19** | **20** | **21** | **22** | **23** | **24** | **25** |
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| **OCTOBER 2021** |
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| **17** | **18** | **19** | **20** | **21** | **22** | **23** |
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| **NOVEMBER 2021** |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |
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| **DECEMBER 2021** |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |
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| **JANUARY 2022** |
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| **FEBRUARY 2022** |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |
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| **MARCH 2022** |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |
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| **6** | **7** | **8** | **9** | **10** | **11** | **12** |
| **13** | **14** | **15** | **16** | **17** | **18** | **19** |
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| **APRIL 2022** |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |
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| **10** | **11** | **12** | **13** | **14** | **15** | **16** |
| **17** | **18** | **19** | **20** | **21** | **22** | **23** |
| **24** | **25** | **26** | **27** | **28** | **29** | **30** |

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| **MAY 2022** |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** |
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| **JUNE 2022** |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |
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| **12** | **13** | **14** | **15** | **16** | **17** | **18** |
| **19** | **20** | **21** | **22** | **23** | **24** | **25** |
| **26** | **27** | **28** | **29** | **30** |  |  |