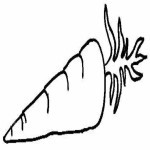
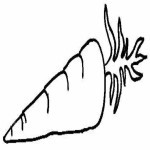
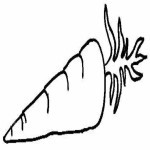
**2021-2022 ELEMENTARY SCHOOL CYCLE MENU** Revised 07/28/2021

| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| --- | --- | --- | --- | --- |
| BREAKFAST – WEEK I | | | | |
| **Choose 2**  Chilled Apple Juice  Craisins  **Choose 1**  Blueberry Mini-Pancakes (2G/0M)  Cereal & Cheese Stick (1G/1M)  **Choose 1 Milk I M** | **Choose 2**  Cherry Star Vegetable Juice Blend  Orange 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 Juice  Fresh Pear  **Choose 1**  Ham & Cheese Croissant (1G/1M)  Cereal & Nutri-Grain Bar (2G/0M)  **Choose 1 Milk I H** | **Choose 2**  Chilled Blended Fruit Juice  Fresh 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 Strawberries  Chilled 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 Wedges  Frozen 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 Pear  Applesauce 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 Wedges Strawberry 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 Peaches  Graham 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

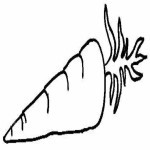
**Yogurt** **with Fruit Bread; SunWise Sandwich**  **& Cheese Stick w/Crackers; and MYO Salad with Fruit Bread available daily.**

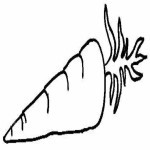
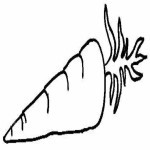
**ALL LUNCHES INCLUDE A CHOICE OF SKIM, LOW-FAT, or FAT-FREE CHOCOLATE MILK.**

**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 Juice  Craisins  **Choose 1**  Blueberry Mini-Pancakes (2G/0M)  Cereal & Cheese Stick (1G/1M)  **Choose 1 Milk II M** | **Choose 2**  Cherry Star Vegetable Juice Blend  Orange 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 Juice  Fresh Pear  **Choose 1**  Ham & Cheese Croissant (1G/1M)  Cereal & Nutri-Grain Bar (2G/0M)  **Choose 1 Milk II H** | **Choose 2**  Chilled Blended Fruit Juice  Fresh 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 Wedges  Mandarin 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 Apple  Frozen 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 Slices  Pumpkin Soufflé (½ C R/O)  **Fruit Bar**  Fresh Grape Clusters  Chilled 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 & Blueberries  Fresh 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** | | | | | | |
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| **SEPTEMBER 2021** | | | | | | |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |
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| **OCTOBER 2021** | | | | | | |
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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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| **NOVEMBER 2021** | | | | | | |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |
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| **14** | **15** | **16** | **17** | **18** | **19** | **20** |
| **21** | **22** | **23** | **24** | **25** | **26** | **27** |
| **28** | **29** | **30** |  |  |  |  |

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| **DECEMBER 2021** | | | | | | |
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| **JANUARY 2022** | | | | | | |
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| **FEBRUARY 2022** | | | | | | |
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| **MARCH 2022** | | | | | | |
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| **13** | **14** | **15** | **16** | **17** | **18** | **19** |
| **20** | **21** | **22** | **23** | **24** | **25** | **26** |
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| **APRIL 2022** | | | | | | |
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| **MAY 2022** | | | | | | |
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| **8** | **9** | **10** | **11** | **12** | **13** | **14** |
| **15** | **16** | **17** | **18** | **19** | **20** | **21** |
| **22** | **23** | **24** | **25** | **26** | **27** | **28** |
| **29** | **30** | **31** |  |  |  |  |

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| **JUNE 2022** | | | | | | |
| **Su** | **M** | **Tu** | **W** | **Th** | **F** | **Sa** |
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| **5** | **6** | **7** | **8** | **9** | **10** | **11** |
| **12** | **13** | **14** | **15** | **16** | **17** | **18** |
| **19** | **20** | **21** | **22** | **23** | **24** | **25** |
| **26** | **27** | **28** | **29** | **30** |  |  |