





# Garden Vegetables

## Elmira Elementary Menu

April 2018

This institution is an equal opportunity provider .

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Nuggets w/Roll or Ham & Cheese Sandwich Seasoned Broccoli Baby Carrots Chilled Pears Milk	3 Burrito Supreme or Chicken Caesar Salad w/Roll Seasoned Corn Dark Green Salad Chilled Peaches Milk	4 Crispy Fish Sticks w/Roll or Turkey & Cheese Sandwich Vegetarian Baked Beans Baby Carrots Chilled Mixed Fruit Milk	5 Spaghetti w/Meat Sauce & Roll or Sun Butter & Grape Jelly Sandwich Savory Green Beans Dark Green Salad Chilled Peaches Milk	6 No School Teacher Workday
9 Chili Fritos w/Cheese Pretzel w/ Sun Butter & String Cheese Potato Wedges Baby Carrots Chilled Pears Milk	10 Turkey Corn Dog or Ham & Cheese Sandwich Steamed Golden Corn Dark Green Salad Chilled Peaches Milk	11 Chicken Fajita or Turkey & Cheese Sandwich Vegetarian Baked Beans Baby Carrots Chilled Mixed Fruit Orange Wedges Milk	12 Sausage & Waffles or Sun Butter & Grape Jelly Sandwich Tater Tots Dark Green Salad Chilled Peaches Milk	13 Pepperoni Pizza or Cheeseburger Seasoned Broccoli Baby Carrots Chilled Pears Fresh Apples
16 Roasted BBQ Chicken w/Roll Pretzel w/Sun Butter & String Cheese Vegetarian Baked Beans Baby Carrots Chilled Pears Milk	17 Beef Soft Taco or Ham & Cheese Sandwich Savory Green Beans Dark Green Salad Chilled Peaches Milk	18 Salisbury Steak w/Roll or Chicken Caesar Salad w/Roll Whipped Potatoes Baby Carrots Chilled Mixed Fruit Milk	19 Crispy Chicken Sandwich or Sun Butter & Grape Jelly Sandwich Steamed Peas Dark Green Salad Chilled Peaches Milk	20 No School Parent Teacher Conferences 
23 Chicken Nuggets w/Roll Ham & Cheese Sandwich Savory Green Beans Baby Carrots Chilled Pears Milk	24 BBQ Shredded Pork Sandwich or Sun Butter & Grape Jelly Sandwich Potato Wedges Dark Green Salad Chilled Peaches Milk	25 Crispy Fish Sticks w/Roll or Turkey & Cheese Sandwich Seasoned Broccoli Baby Carrots Chilled Mixed Fruit Orange Wedges Milk	26 Beef Macho Nachos or Chicken Caesar Salad w/Roll Refried Beans Dark Green Salad Chilled Peaches Milk	27 Cheese Pizza or Cheeseburger Vegetarian Baked Beans Baby Carrots Chilled Pears Fresh Apples
30 Italian Meatball Sub or Chicken Caesar Salad w/Roll Steamed Broccoli Baby Carrots Chilled Pears Milk	<p>You may qualify for free or reduced price meals. Applications are available at all schools . For questions regarding the food service program you can call the food service office at (541) 935-8218 Ext. 2</p>		<p>The Simple Way to Pay FOR STUDENT MEALS Visit <a href="http://MySchoolBucks.com">MySchoolBucks.com</a> view account balances &amp; meal purchases create low balance alerts schedule automatic payments</p>	<p><b>EARTH DAY APRIL 22</b> Enjoy your day biking or planting a tree or flower. </p>
<b>Breakfast</b>				
<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
Assorted Cereal & Graham Crackers or Waffles	Assorted Cereal & Graham Crackers or Apple Frudel	Assorted Cereal & Graham Crackers or Breakfast Cookie	Assorted Cereal & Graham Crackers or Cinnamon Roll	Assorted Cereal & Graham Crackers or Blueberry Muffin
All breakfast entrées include choice of fruit or juice, and 1% white milk or non-fat chocolate milk				

**Student breakfast \$1.20 paid, Reduced Free\*\*, Free\* Student lunch \$2.65 paid, Reduced Free\*\*, Free\*( \* if qualified)**

**\*\*The Oregon legislature provided funding to eliminate the reduced price payment for School Breakfast and Lunch. For the school year 2017-2018, breakfast and lunch will be accessible at no charge to students who qualify for reduced price meals**

A full student lunch includes a choice of entrée supplying protein and grain, up to three (3) vegetable side dishes, one (1) fruit side dish, and milk.

Milk choices include 1% white and Non Fat Chocolate.

We feature a variety of vegetables and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties. as well as beans and other additional choices.



