



# CRUCIFEROUS VEGETABLES



## Elmira Elementary Menu

March 2019

This institution is an equal opportunity provider .

Monday	Tuesday	Wednesday	Thursday	Friday
<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 <b>FOR STUDENT MEALS</b> Visit <a href="http://MySchoolBucks.com">MySchoolBucks.com</a> view account balances &amp; meal purchases create low balance alerts schedule automatic payments</p>		<p>Cheese Pizza or Cheeseburger Seasoned Broccoli Baby Carrots Chilled Fruit Milk</p>
<p>Sloppy Joe on a Bun or Ham &amp; Cheese Sandwich Pinto Beans Baby Carrots Chilled Fruit Milk</p>	<p>Beef Soft Taco or Chicken Salad on a Hoagie Refried Beans Dark Green Salad Chilled Fruit Milk</p>	<p>Turkey Corn Dog or Turkey &amp; Cheese Sandwich Seasoned Corn Baby Carrots Chilled Fruit Milk</p>	<p>Salisbury Steak w/Roll or Sun Butter &amp; Grape Jelly Sandwich Mashed Potatoes Dark Green Salad Chilled Fruit Milk</p>	<p>Pepperoni Pizza or Cheeseburger Seasoned Broccoli Baby Carrots Chilled Fruit Milk</p>
<p>BBQ Rib Sandwich or Ham &amp; Cheese Sandwich Potato Wedges Baby Carrots Chilled Fruit Milk</p>	<p>Crispy Fish Sticks w/ Roll or Chicken Salad on a Hoagie Pinto Beans Dark Green Salad Chilled Fruit Milk</p>	<p>Teriyaki Chicken w/ Rice &amp; Roll or Turkey &amp; Cheese Sandwich Seasoned Broccoli Baby Carrots Chilled Fruit Milk</p>	<p>Waffle &amp; Sausages or Sun Butter &amp; Grape Jelly Sandwich Tater Tots Dark Green Salad Chilled Fruit Milk</p>	<p>Pepperoni Pizza or Cheeseburger Seasoned Peas Baby Carrots Chilled Fruit Milk</p>
<p>Chicken Alfredo Pasta w/Roll or Ham &amp; Cheese Sandwich Seasoned Peas Baby Carrots Chilled Fruit Milk</p>	<p>Chicken Burrito Supreme Chicken Salad on a Hoagie Pinto Beans Dark Green Salad Chilled Fruit Milk</p>	<p>Roast Turkey w/Gravy &amp; Roll or Turkey &amp; Cheese Sandwich Mashed Potatoes Baby Carrots Chilled Fruit Milk</p>	<p>Crispy Chicken Sandwich or Sun Butter &amp; Grape Jelly Sandwich Tater Tots Dark Green Salad Chilled Fruit Milk</p>	<p>Pepperoni Pizza or Cheeseburger Seasoned Broccoli Baby Carrots Chilled Fruit Milk</p>
<p><b>BREAKFAST</b></p>				
<p><b>Mondays</b> Assorted Cereal &amp; Graham Crackers or Waffles</p>	<p><b>Tuesdays</b> Assorted Cereal &amp; Graham Crackers or Apple Frudel</p>	<p><b>Wednesdays</b> Assorted Cereal &amp; Graham Crackers or Breakfast Cookie</p>	<p><b>Thursdays</b> Assorted Cereal &amp; Graham Crackers or Cinnamon Roll</p>	<p><b>Fridays</b> Assorted Cereal &amp; Graham Crackers or Muffin</p>

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 \$2.75 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 2018-2019, 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.



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