



CRUCIFEROUS VEGETABLES



Elmira Elementary Menu



March 2020

This institution is an equal opportunity provider .

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mac & Cheese or Ham & Cheese Sandwich Crispy Potatoes Baby Carrots Fresh Fruit Chilled Fruit Milk	3 Beef Soft Whole Grain Taco or Turkey & Cheese Sandwich Refried Beans Dark Green Salad Fresh Fruit Chilled Fruit Milk	4 Chicken Caesar Salad or Deli Sandwich Seasoned Corn Baby Carrots Fresh Fruit Chilled Fruit Milk	5 Whole Grain Pollock Fish Sticks or Sun Butter & Grape Jelly Sandwich Seasoned Broccoli Dark Green Salad Fresh Fruit Chilled Fruit Milk	6 NO SCHOOL
9 Classic Spaghetti or Ham & Cheese Sandwich Roasted Cauliflower Baby Carrots Fresh Fruit Chilled Fruit Milk	10 Whole Grain Fish Taco or Turkey & Cheese Sandwich Seasoned Pinto Beans Dark Green Salad Fresh Fruit Chilled Fruit Milk	11 Grilled Cheese Sandwich & Tomato Soup or Deli Sandwich Seasoned Corn Baby Carrots Fresh Fruit Chilled Fruit Milk	12 Whole Grain Turkey Corn Dog or Sun Butter & Grape Jelly Sandwich Seasoned Broccoli Dark Green Salad Fresh Fruit Chilled Fruit Milk	13 Pepperoni Pizza or Cheeseburger Seasoned Carrots Baby Carrots Fresh Fruit Chilled Fruit Milk
16 Lasagna Style Pasta Bake or Ham & Cheese Sandwich Green Bean Casserole Baby Carrots Fresh Fruit Chilled Fruit Milk	17 Chicken Soft Taco or Turkey & Cheese Sandwich Refried Beans Dark Green Salad Fresh Fruit Chilled Fruit Milk 	18 Vegetarian Chili Mac or Deli Sandwich Seasoned Corn Baby Carrots Fresh Fruit Chilled Fruit Milk	19 Pancakes & Sausage or Sun Butter & Grape Jelly Sandwich Tater Tots Dark Green Salad Fresh Fruit Chilled Fruit Milk	20 Cheese Pizza or Cheeseburger Seasoned Broccoli Baby Carrots Fresh Fruit Chilled Fruit Milk
30 Mac & Cheese or Ham & Cheese Sandwich Crispy Potatoes Baby Carrots Fresh Fruit Chilled Fruit Milk	31 Beef Soft Whole Grain Taco or Turkey & Cheese Sandwich Refried Beans Dark Green Salad Fresh Fruit Chilled Fruit Milk	FREE AND REDUCED MEAL APPLICATIONS ARE AVAILABLE IN ALL SCHOOL OFFICES	MENU SUBJECT TO CHANGE	PAY FOR SCHOOL MEALS ONLINE @ myschoolbucks.com
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Assorted Cereal & Honey Graham Crackers or Blueberry Waffle	Assorted Cereal & Honey Graham Crackers or Turkey, Egg & Cheese Breakfast Sandwich	Assorted Cereal & Honey Graham Crackers or Oatmeal & Cinnamon Baked Bar	Assorted Cereal & Honey Graham Crackers or Turkey, Egg & Cheese Breakfast Sandwich	Assorted Cereal & Honey Graham Crackers or Blueberry Muffin

All breakfast entrées include choice of fresh or chilled fruit or juice, and 1% white milk or non-fat chocolate milk

Student breakfast \$1.20 paid, Reduced Free, Free* Student lunch \$2.85 paid, Reduced Free**, Free*(* if qualified)
 Adult Breakfast \$2.60 Lunch \$3.90 Milk \$.50**

****The Oregon legislature provided funding to eliminate the reduced price payment for School Breakfast and Lunch. For the school year 2019-2020, 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.

