

DAILY MENU

PROGRAM: Elizabeth

DATE: September 2022- June 2023

Students: 100

WEEK I

WEEK II

WEEK III

WEEK IV

MONDAY	MONDAY	MONDAY	MONDAY
Nutrition Break: Yogurt/Cookie Cheese Burger Oven Fries Veggies and dip Juice	Nutrition Break: Fruit/Cookie Macaroni and Cheese Veggies and Dip Juice	Nutrition Break: Yogurt/Cookie Baked Chicken Strips Mashed Potatoes Vegetables Juice	Nutrition Break: Fruit/Yogurt Drink Chicken Stir Fry Rice Chocolate Milk
TUESDAY	TUESDAY	TUESDAY	TUESDAY
Nutrition Break: Bagel & cream cheese SURPRISE DAY	Nutrition Break: Cheese & Crackers Ham Scalloped Potatoes Kernel Corn Water	Nutrition Break: Bagel & cream cheese SURPRISE DAY	Nutrition Break: Cereal & Milk Sloppy Joe w/ cheese Potato Wedge Juice
WEDNESDAY	WEDNESDAY	WEDNESDAY	WEDNESDAY
Nutrition Break: Banana/Yogurt Drink Chili Bannock Salad Milk	Nutrition Break: Cereal & Milk Homemade soup Pizza bun Smoothie	Nutrition Break: Orange/Yogurt Tube Meatloaf Rice Vegetables Milk	Nutrition Break: Fruit cup/Cookie Beef Stew Bannock Milk
THURSDAY	THURSDAY	THURSDAY	THURSDAY
Nutrition Break: Cereal/Milk Fish Wedge Potatoes Mixed vegetables Chocolate Milk	Nutrition Break: Muffin/Yogurt Tube Meatballs Mashed Potatoes Mixed Veggies Milk	Nutrition Break: Cereal & Milk Spaghetti and Meat Sauce Caesar Salad Chocolate Milk	Nutrition Break: Homemade bun/Cheese Baked Chicken Mashed Potatoes Mixed Vegetable Milk
FRIDAY	FRIDAY	FRIDAY	FRIDAY
Nutrition Break: Apple/Cheese Wedge Grilled Chicken Breast Rice Tossed Salad Milk	Nutrition Break: Homemade cheese bun Tacos Salad Veggies & dip Chocolate Milk	Nutrition Break: Fruit Muffin/Apple Slice Hot dog Potato wedges Veggies and dip Milk	Nutrition Break: Fruit/Yogurt Pork Chop Rice Vegetables Chocolate Milk

Revised: September 28, 2022