

EAST SAC COUNTY CSD SEPTEMBER 2017 ELEMENTARY MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MENU IS SUBJECT TO CHANGE				<p>1 WG Long john OR cereal</p> <p>Deli sandwich, on WG bun, goldfish, fresh fruit, fruit (salad bar)</p>
<p>4</p> <p>NO SCHOOL</p>	<p>5 WG biscuits & gravy OR cereal</p> <p>Chicken patty on WG bun, hash brown, mandarin oranges (salad bar)</p>	<p>6 WG Breakfast bars OR cereal</p> <p>WG hard shell taco w/fixings, corn, cottage cheese, applesauce, desert</p>	<p>7 WG waffle sticks OR cereal</p> <p>Bologna sandwich on WG bread, nachos w/salsa, peaches (salad bar)</p>	<p>8 WG Long john OR cereal</p> <p>Touchdown nuggets, mashed potato, pineapple, WG dr (salad bar)</p>
<p>11 Scramble egg/bacon OR cereal</p> <p>Spaghetti, green beans, pears, WG bread stick (salad bar)</p>	<p>12 WG biscuit & gravy OR cereal</p> <p>WG Popcorn chicken, hash brown, mandarin oranges (salad bar)</p>	<p>13 WG Breakfast Pizza OR cereal</p> <p>Hot dog on WG bun, baked beans, mixed fruit, jell-o (salad bar)</p>	<p>14 Pancakes/sausage OR cereal</p> <p>WG Pizza, corn, cottage cheese, peaches (salad bar)</p>	<p>15 WG Long john OR cereal</p> <p>Meatloaf, mashed potato, peas, pineapple, WG dr (salad bar)</p>
<p>18</p> <p>NO SCHOOL</p>	<p>19 WG Biscuits & gravy OR cereal</p> <p>Hot ham/cheese, fries, strawberries, (salad bar)</p>	<p>20 Muffin toppers OR cereal</p> <p>WG Crispito w/fixings, corn, cottage cheese, applesauce (salad bar)</p>	<p>21 WG Breakfast bites OR cereal</p> <p>Maid rite on WG bun, broccoli, pears (salad bar)</p>	<p>22 WG Long john OR cereal</p> <p>WG Chicken nuggets, mashed potato, pineapple, WG dr (salad bar)</p>
<p>25 Egg omelet OR cereal</p> <p>Tator tot casserole, green beans, cottage cheese, peaches, WG dinner roll (salad bar)</p>	<p>26 WG biscuit & gravy OR cereal</p> <p>Hamburgers on WG bun, fries, strawberries, (salad bar)</p>	<p>27 WG Breakfast pizza OR cereal</p> <p>WG Chicken strips, hash brown, mandarin oranges (salad bar)</p>	<p>28 WG pancakes OR cereal</p> <p>Hot dog on WG bun, baked beans, jell-o, mixed fruit (salad bar)</p>	<p>29 WG Mini cinnamon roll OR cereal</p> <p>Country fried steak, mashed potato, peas, pineapple, WG dinner roll (salad bar)</p>
Equal Opportunity Employment	<p>Breakfast includes: Toast, milk, juice, assorted fruits and yogurt.</p> <p>WG - Whole Grain</p>	<p>Dinner includes: Milk, salad bar (fresh fruit, veggies, carrots, broccoli)</p> <p>DR - Dinner Roll</p>	<p>Milk is offered as part of every meal. However – the student must take a MINIMUM of 3 items AND you have to have a fruit or vegetable. **Reduced fat dressings are served with all salad and fresh fruit. Numerous fresh fruit & vegetables are on salad bar daily</p>	



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