**ELEMENTARY SCHOOL**

**\*\*\*UPDATED LUNCH MEAL OPTIONS\*\*\***

**starting FEBRUARY 7, 2022**

**\*\*For School Year 2021-22 meals are FREE TO ALL STUDENTS due to a Federally Funded Covid waiver\*\***

*DUE TO STUDENTS’ MEALS BEING DELIVERED TO THE CLASSROOM AND FOOD HAVING TO BE INDIVIDUALLY WRAPPED,*

*WE CANNOT RESUME OUR REGULAR MENUS UNTIL STUDENTS CAN COME DOWN TO THE CAFÉ TO EAT.*

**Students can pick ONE MEAL OPTION Per Day:**

* Students tell the teacher what meal they want. Meals are delivered to the classroom to eat.
* All meals meet the Federal Nutrition guidelines for the National School Meals Program and

 Include: Protein, Whole Grains/Bread, Vegetable, Fruit and Choice of Milk.

* **MONDAYS:**
	+ - **Turkey or Turkey Ham Sandwich (rotates weekly) with or without Cheese**
		- **SunButter & Jelly Sandwich (Peanut Free made with Sunflower seeds)**
		- **Mini Pancakes/Waffle\* and Upstate Farms Strawberry Yogurt \*depending on availability**
* **TUESDAYS:**
	+ - **Turkey or Turkey Ham Sandwich (rotates weekly) with or without Cheese**
		- **SunButter & Jelly Sandwich (Peanut Free made with Sunflower seeds)**
		- **Breaded Chicken Pattie Sandwich**
* **WEDNESDAYS:**
	+ - **Turkey or Turkey Ham Sandwich (rotates weekly) with or without Cheese**
		- **SunButter & Jelly Sandwich (Peanut Free made with Sunflower seeds)**
		- **Mac & Cheese Cup served with Dinner Roll**
* **THURSDAYS:**
	+ - **Chicken Salad Sandwich on Whole Grain Bun**
		- **SunButter & Jelly Sandwich (Peanut Free made with Sunflower seeds)**
		- **Calzone (tomato sauce & cheese filled)**
* **FRIDAYS:**
	+ - **Chicken Salad Sandwich on Whole Grain Bun**
		- **SunButter & Jelly Sandwich (Peanut Free made with Sunflower seeds)**
		- **Cheeseburger or Hamburger on a Whole Grain Bun**

**ALL ABOVE MEALS CHOICES INCLUDE THE FOLLOWING: Crunchy Raw Vegetable of the Day** For example: baby carrots

 or cucumber slices, **Fruit of the day** For example: apple slices or peach cup AND **Milk - choice of white or chocolate.**

**MILK CAN BE PURCHASED IF BRINGING A LUNCH or BREAKFAST FROM HOME $ .50**

 **\*\*\*COLD BREAKFAST BAG MEAL\*\*\***

**\*\*For School Year 2021-22 meals are FREE TO ALL STUDENTS due to a Federally Funded Covid waiver\*\***

Breakfast Bag consists of: Cereal, Fruit Punch 100% Juice, Graham Crackers

Choice of Milk is served separately: White or Chocolate Additional fruit choice is available, changes daily.

 **\*\*\*\*\*MENUS IS SUBJECT TO CHANGE AT ANY TIME DUE TO PRODUCT AVAILABILITY \*\*\*\*\***

**PLEASE CONTACT SCHOOL NURSE FOR ALLERGEN AND CARB INFORMATION**