

Rsd-13 Elementary Menu

Memorial-John Lyman-Brewster schools TUESDAY WEDNESDAY

Meals \$4.00 FRIDAY

OFFERED DAILY Jr. CHEF SALADS

A limited number of Shaker salads will be offered daily, served with a dinner roll, fruit and choice of milk. All meals include choice of hot or cold vegetable, fresh fruit or fruit cup, WG bread and a choice of non-fat or 1% milk. Reduced fat dressing is served with salads

Please let the staff know of any allergies.



Baked ziti Chicken Parmesan **Baked Ziti with Meat sauce**

THURSDAY

With Garlic Bread & Salad Rainbow Veggie Tray Rainbow Fruit Trav

Cheese Pizza OrFun Fish Sticks & Fries Mix Greens Salad Rainbow Veggie Tray Rainbow Fruit Tray

CNC de NAYO

Chicken Nacho Salad Or **Beef Nacho Salad Black Bean Salad** Strawberry Fruit Cup Rainbow Fruit Trav

Breakfast

Eggoji Waffle & sausage links Or Egg-n-Cheese Honey Biscuit **Tri-Hash Browns** Rainbow Veggie Tray Rainbow Fruit Tray

Mozzarella Sticks, Mini Bagel Pizzas, & Meatballs

Party Pails

Rainbow Veggie Tray ICE FRUIT "POP-n-GO" 100% **Chicken Tenders** \mathbf{Or} **Cheese Calzone** Garden Salad

Rainbow Veggie Tray Rainbow Fruit Tray

Pepperoni Cheese Pizza OrTuna Sub Garden Salad Rainbow Veggie Tray Rainbow Fruit Trav

Corn Dog

Chicken Patty Sandwich Sweet Potato Fries Rainbow Veggie Tray

Rainbow Fruit Tray

Breakt

Dutch Waffle Sticks & sausage Egg-n-Cheese Sandwich **Tater Tots** 100% Juice Box Rainbow Veggie Tray Rainbow Fruit Tray

Party Pails Chicken Fajita & Rice

Cheesy Taco over Rice Rainbow Veggie Tray ICE FRUIT "POP-n-GO" 100% Steak & Chz Flatbread OrChicken Quesadilla **Curly Fries**

Rainbow Veggie Tray Rainbow Fruit Tray

Cheese Pizza OrMozzarella Sticks Garden Salad Rainbow Veggie Tray

Cheeseburger Or French Bread Pizza **Smiley Face fries** Rainbow Veggie Tray Rainbow Fruit Tray

Breakfast

Confetti Pancakes & sausage links Or Egg-n-Cheese on Rainbow Bagel. Emoji smile tots

> Rainbow Veggie Tray Rainbow Fruit Trav

Rainbow Veggie Tray

Rainbow Fruit Tray

Party Pails

Macaroni-n-Cheese

Popcorn Chicken & Tots

Rainbow Veggie Tray ICE FRUIT "POP-n-GO" 100%

Grilled Cheese \mathbf{Or} **Cheese Calzone**

> Garden Salad Rainbow Veggie Tray Rainbow Fruit Tray

Rainbow Fruit Trav **Cheese Pizza**

> Mix Greens Salad Rainbow Veggie Tray Rainbow Fruit Tray

 \mathbf{Or}

Fun Fish Sticks & Fries



Party Pails Tony's 5" Pizza

French Toast Bites, Tri tots, **Meatball Grinder** mini sausage links Garden Salad WG Bagel & Cream Cheese

> Rainbow Veggie Tray ICE FRUIT "POP-n-GO" 100%

or Cheese Quesadilla **Emoji fries** Rainbow Veggie Tray Rainbow Fruit Tray

Hot Dog

30 Pepperoni Cheese Pizza \mathbf{Or} **Tuna Sub**

> **Garden Salad** Rainbow Veggie Tray Rainbow Fruit Tray