

# Elementary Menu - HPE/GWF

## October 2021

### DAILY OFFERINGS

Choice/Alternate Sandwich  
Garden Salad  
Peanut Butter & Jelly  
Assorted Fresh Fruit  
Assorted Canned Fruit  
Fresh Carrots & Celery  
Assorted Fresh NYS Milk

### Meal Pattern Compliance

All lunches include 5 components; Meat/Meat Alternate, Fruit, Vegetable, Dairy, Grain. Students must take at least 3 of the 5 and are entitled to all 5 if they choose. Fruit/vegetable must be one of the choices selected

### DAILY BREAKFAST OFFERINGS

Assorted Cereals  
Fresh Fruit/Fruit Juice  
Yogurt  
String Cheese  
Assorted Fresh NYS Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>Choice/Alternate Sandwich Days</u></b></p> <p>Mon: Tuna/Cheese Tue: Bologna/Cheese Wed: Turkey/Cheese Thu: Ham/Cheese Fri: Egg Salad</p> 				1
				<p>MINI CORN DOGS</p> <p>Carrot Coins</p> <p><b><u>Breakfast</u></b> WG Choc ChipMuffin</p>
4	5	6	7	8
<p>MAC &amp; CHEESE</p> <p>Corn Kernels</p> <p><b><u>Breakfast</u></b> Apple Stick Frudel</p>	<p>SLOPPY JOE SANDWICH</p> <p>Carrot Coins</p> <p><b><u>Breakfast</u></b> Mini Cinni's</p>	<p>STEAK &amp; CHEESE WRAP</p> <p>w/Lettuce and mozz cheese Broccoli Florets</p> <p><b><u>Breakfast</u></b> Saus/Egg/Ch Omelet</p>	<p>BBQ RIB PATTY on a Bun</p> <p>Jolly Green Beans</p> <p><b><u>Breakfast</u></b> French Toast Buns</p>	<p>No School</p> <p>Superintendent's Conference Day</p>
11	12	13	14	15
<p>No School</p> 	<p>TEXAS WESTERN PULLED PORK</p> <p>Cole Slaw Vegetarian Baked Beans</p> <p><b><u>Breakfast</u></b> Mini Cinni's</p>	<p>GRILLED CHEESE SANDWICH</p> <p>Jolly Green Beans</p> <p><b><u>Breakfast</u></b> Saus/Egg/Ch Omelet</p>	<p>TANGERINE CHICKEN w/Rice</p> <p>Carrot Coins</p> <p><b><u>Breakfast</u></b> French Toast Buns</p>	<p>CHICKEN PATTY on a Bun</p> <p>Corn Kernels</p> <p><b><u>Breakfast</u></b> Mini Waffles</p>
18	19	20	21	22
<p>CHEESEBURGER on a Bun</p> <p>Vegetarian Baked Beans</p> <p><b><u>Breakfast</u></b> Whole Grain Donut</p>	<p>MACHO NACHOS</p> <p>w/Tostitos Nacho Chips Black Beans</p> <p><b><u>Breakfast</u></b> French Toast Sticks</p>	<p>CHICKEN NUGGETS</p> <p>Broccoli Florets</p> <p><b><u>Breakfast</u></b> Saus/Egg/Ch Omelet</p>	<p>CHICKEN TERIYAKI w/Rice Carrot Coins</p> <p><b><u>Breakfast</u></b> Mini Choc Chip Pancakes</p>	<p>HOT DOG &amp; TATER TOTS</p> <p>Corn Kernels</p> <p><b><u>Breakfast</u></b> WG Blueberry Muffin</p>
25	26	27	28	29
<p>HOMEMADE GOULASH</p> <p>Carrot Coins</p> <p><b><u>Breakfast</u></b> Apple Stick Frudel</p>	<p>PIZZA DAY!</p> <p>Vegetarian Baked Beans</p> <p><b><u>Breakfast</u></b> Mini Cinni's</p>	<p>CHICKEN TENDER WRAP</p> <p>Broccoli Florets</p> <p><b><u>Breakfast</u></b> Saus/Egg/Ch Omelet</p>	<p>MACHO NACHOS</p> <p>w/Tostitos Nacho Chips Black Beans</p> <p><b><u>Breakfast</u></b> French Toast Buns</p>	<p>FISH SANDWICH w/Tartar Sauce Cole Slaw</p> <p><b><u>Breakfast</u></b> Mini Waffles</p>

For nutritional information please visit [www.hpschools.org](http://www.hpschools.org) or email [ccasab@hpschools.org](mailto:ccasab@hpschools.org)

Menu subject to change