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# Music **Cereal/Yogurt Plate** in our Schools

## Weekly Monday Alternates

# Tuesday Wednesday Thursday

**Peanut Butter** 

**Lovers' Day** 

## Friday

**Chef Salad/Bread** 

Hamburger on Roll

**Cereal/Yogurt Plate** 

**Bagel/Yogurt Plate** 

**Bagel/Yogurt Plate Includes:** Wheat Bagel, Cream Cheese, Yogurt, String Cheese, Fruit, Veggie, Milk

**Cereal/Yogurt Plate Includes:** Cereal, Yogurt, String Cheese, Fruit, Veggie, Milk

Elementary Lunch Price: \$2.20 Milk \$.50 Bottled Water \$1.00



Gerardus **Mercator:** 500th Birth Anniversary

Cartographer-geographer Mercator was born in Belgium on March 5, 1512. His Mercator projection for maps provided an accurate ratio of latitude to longitude and is still used today. He also introduced the term atlas for a collection of maps.

Pineapple Juice French Toast Sticks Warm Syrup Sausage Links Fruit Choice/Milk

Cheese Ravioli with Tomato Sauce Spinach Salad Lite Dressing Fruit Choice/Milk

**Chef Salad/Bread** 

**Turkey Sandwich** 

**Cereal/Yogurt Plate** 

**Bagel/Yogurt Plate** 

Roast Beef/Gravy Oven Roasted Potatoes Honey Glazed Carrots Wheat Dinner Roll Fruit Choice Milk

3 Mozzy Sticks Vegetarian Chili Goldfish Pretzels

Fruit Choice Milk

Rice Bowl Brown Rice Popcorn Chicken Oriental Veggies Fruit Choice/Milk

**Sample Day: Chef Wavne Escarole** 

Big Daddy Pizza Fresh Veggies Fruit Choice Milk

Dreamy Penne with or without Meatsauce Garlic Bread Fresh Steamed Broccoli Fruit Choice/Milk

National School Breakfast Week

**Chef Salad/Bread** 

Ham Sandwich

**Bagel/Yogurt Plate** 

Breaded Baked Chicken Bow Tie Noodles Fresh Baby Carrots Fruit Choice

Milk

Italian Dunkers Hearty Meatsauce Freshly Steamed Broccoli Fruit Choice Milk

Apple Juice Belgian Waffles Warm Syrup Sausage Links Fruit Choice Milk

Nacho Scoops Seasoned Beef **Brown Rice** Golden Corn Fruit Choice Milk

Bosco Pizza Romaine Salad Lite Dressing Fruit Choice Milk

**National** 

**Chef Salad/Bread** 

**Meatball Grinder** 

**Cereal/Yogurt Plate** 

**Bagel/Yogurt Plate** 

Boneless Chicken Nugget Wings Orange Rice Pilaf Peas and Carrots Fruit Choice/Milk

Lasagna with Beef

Romaine Salad

Lite Dressing

Fruit Choice

Milk

Cheese Calzone Tomato Sauce Zesty Green Beans Fruit Choice Milk

Made to Order Salad Bar Cut Fresh Veggies Turkey, Ham, Cheese, Wheat Dinner Roll Fruit Choice Milk

Oven Easy Chicken Bow Tie Noodles Chef Wayne's Sautéed Escarole Fruit Choice/Milk

**Puppy Day** 

Deep Dish Pizza Spinach Salad Lite Dressing Fruit Choice Milk

**Chef Salad/Bread** 

**Toasted Cheese** 

Cereal/Yogurt Plate

**Bagel/Yogurt Plate** 

Boneless Chicken Nugget Wings Freshly Steamed Broccoli Fruit Choice/Milk

Cheese Ravioli with Tomato Sauce Spinach Salad Lite Dressing Fruit Choice/Milk

Nacho Scoops Seasoned Beef **Brown Rice** Corn and Carrots Fruit Choice/Milk

Fish Nuggets Wheat Dinner Roll Sweet Potato Gems Fresh Veggies Fruit Choice/Milk

Fairfield Elementary Schools Lunch Menu