Elementary Menus for August to October 2022

Shelby County Public Schools Elementary



Fresh Orange (22g) Fresh Apple (25g) Fresh Apple Slices(7g) Fresh Banana (27g) Fresh Grapes (22g) Fresh Strawberries (10g) Fresh Pear (25g)

Craisins (28g)

Mandarin Oranges (17g) Applesauce (13g) Applesauce Cup(13g) Peach Slices (16g) **Diced Peaches (16g)** Pineapple Tidbits (22g) Diced Pears (14g)

Frozen Peach Cup

1% White Milk (13g)

1% Chocolate Milk (20g)

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This institution in a equal opportunity provider. Frozen Strawberry Cup (30g) FF Strawberry Milk (19g)								
		Cycle 1 Monday	Cycle 1 Tuesday	Cycle 1 Wednesday	Cycle 1 Thursday	Cycle 1 Friday		
	Cycle One Menus	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
	Served	Muffin(30g) &	Sausage Biscuit(30g)	Breakfast Pizza (17g)	Cereal (24g) &	WG Donut (29g)		
	August 10-12	Graham Crackers(21g)	Juice (14-19g)	Juice (14-19g)	Graham Crackers(21g)	Juice (14-19g)		
	August 9	Juice (14-19g)	Applesauce (13g)	Apple Slices (7g)	Juice (14-19g)	Orange Wedges (22g)		
	August 2 9- Sept 2	Peaches (16g)		<u> </u>	Raisins (33g)			
		Lunch	Lunch	Lunch	Lunch	Lunch		
	September 19-23	Pasta w/ Beef Sauce(24g)	Cheeseburger(38g)	Chicken Strips (16g)	Hot Dog on WG (31g)	Breaded Cheese Sticks(32g)		
	October 10-14	Breadstick (14g)	French Fries (3/4c)(24g)	WG Roll (22g)	Baked Beans (50g)	Fresh Carrots (6g)		
	October 31	Broccoli (3/4 c)(5g)	Peaches (16g)	Mashed Potatoes (34g)	Dragon Punch (13g)	Fruit Cup		
		Pears (14g)	Milk	Green Beans (3g)	Applesauce (13g)	Marinara cup (opt)(10g)		
		Milk		Fresh Fruit	Milk	Milk		
	Cycle Two Menus	Cycle 2 Monday	Cycle 2 Tuesday	Cycle 2 Wednesday	Cycle 2 Thursday	Cycle 2 Friday		
	Served	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
	SCI VCu	Cinn. Apple Toast(45g)	Egg & Cheese Biscuit(30g)	Breakfast Pizza (17g)	Cereal (24g)&	Mini Pancakes(36g)		
		Juice (14-19g)	Juice (14-19g)	Juice (14-19g)	Graham Crackers(21g)	Juice (14-19g)		
	August 15 to 19	Peaches (16g)	Applesauce (13g)	Apple Slices (7g)	Juice (14-19g)	Fresh Orange(22g)		
					Raisins (33g)			
	Contombon 6 0	Lumah	Lunch	Lunch	Lunch	Lunch		
	September 6-9	Lunch	Lunch	Lunch	Lunch	Lunch		
	September 6-9		White Queso Nachos(36g)	Chicken Leg (6g)	Cheeseburger (38g)	Pizza variety(35g)		
	September 6-9 September 26-30				Cheeseburger (38g)			
		Pizza Crunchers (41g)	White Queso Nachos(36g)	Chicken Leg (6g)	Cheeseburger (38g)	Pizza variety(35g)		
		Pizza Crunchers (41g) Green Beans (3/4c)(5g)	White Queso Nachos(36g) Refried Beans (23g)	Chicken Leg (6g) WG Roll (22g)	Cheeseburger (38g) Carrots (3/4c) (9g)	Pizza variety(35g) Broccoli & Cheese 3/4c(5g)		
	September 26-30	Pizza Crunchers (41g) Green Beans (3/4c)(5g) Pears (14g)	White Queso Nachos(36g) Refried Beans (23g) Corn (21g)	Chicken Leg (6g) WG Roll (22g) Mashed Potatoes (34g)	Cheeseburger (38g) Carrots (3/4c) (9g) Peaches (16g)	Pizza variety(35g) Broccoli & Cheese 3/4c(5g) Fruit Cup		
	September 26-30	Pizza Crunchers (41g) Green Beans (3/4c)(5g) Pears (14g)	White Queso Nachos(36g) Refried Beans (23g) Corn (21g) Pineapple (16g)	Chicken Leg (6g) WG Roll (22g) Mashed Potatoes (34g) Peas (12g)	Cheeseburger (38g) Carrots (3/4c) (9g) Peaches (16g)	Pizza variety(35g) Broccoli & Cheese 3/4c(5g) Fruit Cup		
	September 26-30	Pizza Crunchers (41g) Green Beans (3/4c)(5g) Pears (14g) Milk	White Queso Nachos(36g) Refried Beans (23g) Corn (21g) Pineapple (16g) Milk	Chicken Leg (6g) WG Roll (22g) Mashed Potatoes (34g) Peas (12g) Baked Apples(38g)	Cheeseburger (38g) Carrots (3/4c) (9g) Peaches (16g) Milk	Pizza variety(35g) Broccoli & Cheese 3/4c(5g) Fruit Cup Milk		
	September 26-30 October 17-21	Pizza Crunchers (41g) Green Beans (3/4c)(5g) Pears (14g) Milk Cycle 3 Monday	White Queso Nachos(36g) Refried Beans (23g) Corn (21g) Pineapple (16g) Milk Cycle 3 Tuesday Breakfast	Chicken Leg (6g) WG Roll (22g) Mashed Potatoes (34g) Peas (12g) Baked Apples(38g) Cycle 3 Wednesday	Cheeseburger (38g) Carrots (3/4c) (9g) Peaches (16g) Milk Cycle 3 Thursday Breakfast	Pizza variety(35g) Broccoli & Cheese 3/4c(5g) Fruit Cup Milk Cycle 3 Friday		
	September 26-30 October 17-21 Cycle Three	Pizza Crunchers (41g) Green Beans (3/4c)(5g) Pears (14g) Milk Cycle 3 Monday Breakfast	White Queso Nachos(36g) Refried Beans (23g) Corn (21g) Pineapple (16g) Milk Cycle 3 Tuesday Breakfast	Chicken Leg (6g) WG Roll (22g) Mashed Potatoes (34g) Peas (12g) Baked Apples(38g) Cycle 3 Wednesday Breakfast Breakfast Pizza (17g)	Cheeseburger (38g) Carrots (3/4c) (9g) Peaches (16g) Milk Cycle 3 Thursday Breakfast	Pizza variety(35g) Broccoli & Cheese 3/4c(5g) Fruit Cup Milk Cycle 3 Friday Breakfast		
	September 26-30 October 17-21 Cycle Three	Pizza Crunchers (41g) Green Beans (3/4c)(5g) Pears (14g) Milk Cycle 3 Monday Breakfast Cinnamon Bun (40g)	White Queso Nachos(36g) Refried Beans (23g) Corn (21g) Pineapple (16g) Milk Cycle 3 Tuesday Breakfast French Toast (26g)	Chicken Leg (6g) WG Roll (22g) Mashed Potatoes (34g) Peas (12g) Baked Apples(38g) Cycle 3 Wednesday Breakfast Breakfast Pizza (17g)	Cheeseburger (38g) Carrots (3/4c) (9g) Peaches (16g) Milk Cycle 3 Thursday Breakfast Cereal(24g)& Graham Crackers(21g)	Pizza variety(35g) Broccoli & Cheese 3/4c(5g) Fruit Cup Milk Cycle 3 Friday Breakfast Chicken Biscuit(41g)		
	September 26-30 October 17-21 Cycle Three Menus August 22-26	Pizza Crunchers (41g) Green Beans (3/4c)(5g) Pears (14g) Milk Cycle 3 Monday Breakfast Cinnamon Bun (40g) Juice (14-19g)	White Queso Nachos(36g) Refried Beans (23g) Corn (21g) Pineapple (16g) Milk Cycle 3 Tuesday Breakfast French Toast (26g) Juice (14-19g)	Chicken Leg (6g) WG Roll (22g) Mashed Potatoes (34g) Peas (12g) Baked Apples(38g) Cycle 3 Wednesday Breakfast Breakfast Pizza (17g) Juice (14-19g)	Cheeseburger (38g) Carrots (3/4c) (9g) Peaches (16g) Milk Cycle 3 Thursday Breakfast Cereal(24g)& Graham Crackers(21g)	Pizza variety(35g) Broccoli & Cheese 3/4c(5g) Fruit Cup Milk Cycle 3 Friday Breakfast Chicken Biscuit(41g) Juice (14-19g)		
	September 26-30 October 17-21 Cycle Three Menus	Pizza Crunchers (41g) Green Beans (3/4c)(5g) Pears (14g) Milk Cycle 3 Monday Breakfast Cinnamon Bun (40g) Juice (14-19g) Peaches (16g)	White Queso Nachos(36g) Refried Beans (23g) Corn (21g) Pineapple (16g) Milk Cycle 3 Tuesday Breakfast French Toast (26g) Juice (14-19g) Applesauce (13g)	Chicken Leg (6g) WG Roll (22g) Mashed Potatoes (34g) Peas (12g) Baked Apples(38g) Cycle 3 Wednesday Breakfast Breakfast Pizza (17g) Juice (14-19g) Apple Slices (7g)	Cheeseburger (38g) Carrots (3/4c) (9g) Peaches (16g) Milk Cycle 3 Thursday Breakfast Cereal(24g)& Graham Crackers(21g) Juice (14-19g)	Pizza variety(35g) Broccoli & Cheese 3/4c(5g) Fruit Cup Milk Cycle 3 Friday Breakfast Chicken Biscuit(41g) Juice (14-19g) Orange Wedges (22g)		
	September 26-30 October 17-21 Cycle Three Menus August 22-26 September 12-16	Pizza Crunchers (41g) Green Beans (3/4c)(5g) Pears (14g) Milk Cycle 3 Monday Breakfast Cinnamon Bun (40g) Juice (14-19g) Peaches (16g) Milk	White Queso Nachos(36g) Refried Beans (23g) Corn (21g) Pineapple (16g) Milk Cycle 3 Tuesday Breakfast French Toast (26g) Juice (14-19g) Applesauce (13g) Milk	Chicken Leg (6g) WG Roll (22g) Mashed Potatoes (34g) Peas (12g) Baked Apples(38g) Cycle 3 Wednesday Breakfast Breakfast Pizza (17g) Juice (14-19g) Apple Slices (7g) Milk Lunch	Cheeseburger (38g) Carrots (3/4c) (9g) Peaches (16g) Milk Cycle 3 Thursday Breakfast Cereal(24g)& Graham Crackers(21g) Juice (14-19g) Raisins (33g) Lunch	Pizza variety(35g) Broccoli & Cheese 3/4c(5g) Fruit Cup Milk Cycle 3 Friday Breakfast Chicken Biscuit(41g) Juice (14-19g) Orange Wedges (22g) Milk Lunch		
	September 26-30 October 17-21 Cycle Three Menus August 22-26	Pizza Crunchers (41g) Green Beans (3/4c)(5g) Pears (14g) Milk Cycle 3 Monday Breakfast Cinnamon Bun (40g) Juice (14-19g) Peaches (16g) Milk Lunch Calzone (32g)	White Queso Nachos(36g) Refried Beans (23g) Corn (21g) Pineapple (16g) Milk Cycle 3 Tuesday Breakfast French Toast (26g) Juice (14-19g) Applesauce (13g) Milk Lunch BBQ Sandwich(39g)	Chicken Leg (6g) WG Roll (22g) Mashed Potatoes (34g) Peas (12g) Baked Apples(38g) Cycle 3 Wednesday Breakfast Breakfast Pizza (17g) Juice (14-19g) Apple Slices (7g) Milk Lunch	Cheeseburger (38g) Carrots (3/4c) (9g) Peaches (16g) Milk Cycle 3 Thursday Breakfast Cereal(24g)& Graham Crackers(21g) Juice (14-19g) Raisins (33g) Lunch Chicken Patty on Bun(36g)	Pizza variety(35g) Broccoli & Cheese 3/4c(5g) Fruit Cup Milk Cycle 3 Friday Breakfast Chicken Biscuit(41g) Juice (14-19g) Orange Wedges (22g) Milk Lunch		
	September 26-30 October 17-21 Cycle Three Menus August 22-26 September 12-16 October 3-7	Pizza Crunchers (41g) Green Beans (3/4c)(5g) Pears (14g) Milk Cycle 3 Monday Breakfast Cinnamon Bun (40g) Juice (14-19g) Peaches (16g) Milk Lunch Calzone (32g) Green Beans (3/4 c)(7g)	White Queso Nachos(36g) Refried Beans (23g) Corn (21g) Pineapple (16g) Milk Cycle 3 Tuesday Breakfast French Toast (26g) Juice (14-19g) Applesauce (13g) Milk Lunch BBQ Sandwich(39g)	Chicken Leg (6g) WG Roll (22g) Mashed Potatoes (34g) Peas (12g) Baked Apples(38g) Cycle 3 Wednesday Breakfast Breakfast Pizza (17g) Juice (14-19g) Apple Slices (7g) Milk Lunch Sausage/Egg Biscuit(30g)	Cheeseburger (38g) Carrots (3/4c) (9g) Peaches (16g) Milk Cycle 3 Thursday Breakfast Cereal(24g)& Graham Crackers(21g) Juice (14-19g) Raisins (33g) Lunch Chicken Patty on Bun(36g) Carrots (3/4c) (9g)	Pizza variety(35g) Broccoli & Cheese 3/4c(5g) Fruit Cup Milk Cycle 3 Friday Breakfast Chicken Biscuit(41g) Juice (14-19g) Orange Wedges (22g) Milk Lunch Ham & Cheese Sliders(40g) Fresh Veggies (3/4c)		
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