

Elementary Menus for August to October 2022

Shelby County Public
Schools Elementary



Fresh Orange (22g)	Mandarin Oranges (17g)
Fresh Apple (25g)	Applesauce (13g)
Fresh Apple Slices(7g)	Applesauce Cup(13g)
Fresh Banana (27g)	Peach Slices (16g)
Fresh Grapes (22g)	Diced Peaches (16g)
Fresh Strawberries (10g)	Pineapple Tidbits (22g)
Fresh Pear (25g)	Diced Pears (14g)
Craisins (28g)	Frozen Peach Cup
Frozen Strawberry Cup (30g)	



1% White Milk (13g)
1% Chocolate Milk (20g)
FF Strawberry Milk (19g)

This institution in a equal opportunity provider.

**Cycle One Menus
Served**

August 10-12
August 2
9- Sept 2
September 19-23
October 10-14
October 31

Cycle 1 Monday	Cycle 1 Tuesday	Cycle 1 Wednesday	Cycle 1 Thursday	Cycle 1 Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Muffin(30g) & Graham Crackers(21g)	Sausage Biscuit(30g) Juice (14-19g)	Breakfast Pizza (17g) Juice (14-19g)	Cereal (24g) & Graham Crackers(21g)	WG Donut (29g) Juice (14-19g)
Juice (14-19g) Peaches (16g)	Applesauce (13g)	Apple Slices (7g)	Juice (14-19g) Raisins (33g)	Orange Wedges (22g)
Lunch	Lunch	Lunch	Lunch	Lunch
Pasta w/ Beef Sauce(24g) Breadstick (14g) Broccoli (3/4 c)(5g) Pears (14g) Milk	Cheeseburger(38g) French Fries (3/4c)(24g) Peaches (16g) Milk	Chicken Strips (16g) WG Roll (22g) Mashed Potatoes (34g) Green Beans (3g) Fresh Fruit	Hot Dog on WG (31g) Baked Beans (50g) Dragon Punch (13g) Applesauce (13g) Milk	Breaded Cheese Sticks(32g) Fresh Carrots (6g) Fruit Cup Marinara cup (opt)(10g) Milk

**Cycle Two Menus
Served**

August 15 to 19
September 6-9
September 26-30
October 17-21

Cycle 2 Monday	Cycle 2 Tuesday	Cycle 2 Wednesday	Cycle 2 Thursday	Cycle 2 Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cinn. Apple Toast(45g) Juice (14-19g) Peaches (16g)	Egg & Cheese Biscuit(30g) Juice (14-19g) Applesauce (13g)	Breakfast Pizza (17g) Juice (14-19g) Apple Slices (7g)	Cereal (24g)& Graham Crackers(21g) Juice (14-19g) Raisins (33g)	Mini Pancakes(36g) Juice (14-19g) Fresh Orange(22g)
Lunch	Lunch	Lunch	Lunch	Lunch
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

**Cycle Three
Menus**

August 22-26
September 12-16
October 3-7
October 24-28

Cycle 3 Monday	Cycle 3 Tuesday	Cycle 3 Wednesday	Cycle 3 Thursday	Cycle 3 Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cinnamon Bun (40g) Juice (14-19g) Peaches (16g) Milk	French Toast (26g) Juice (14-19g) Applesauce (13g) Milk	Breakfast Pizza (17g) Juice (14-19g) Apple Slices (7g) Milk	Cereal(24g)& Graham Crackers(21g) Juice (14-19g) Raisins (33g)	Chicken Biscuit(41g) Juice (14-19g) Orange Wedges (22g) Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Calzone (32g) Green Beans (3/4 c)(7g) Pears (14g) Milk	BBQ Sandwich(39g) French Fries (1/2c)(19g) Baked Beans (1/2c) Peaches Milk	Sausage/Egg Biscuit(30g) Potato Smiles (4)(25g) Broccoli & Cheese(6g) Baked Apples (28g) Milk	Chicken Patty on Bun(36g) Carrots (3/4c) (9g) Applesauce (13g) Milk	Ham & Cheese Sliders(40g) Fresh Veggies (3/4c) Baked Chips Fruit Cup Milk