

May 2019

SVCS Elementary Breakfast Menu

Mon	Tue	Wed	Thu	Fri
		1 Scrambled Eggs w/ Toast (14g) Mini Cinnis (36g) Fruit Choices Milk	2 Waffle Sticks (37g) Egg & Cheese Burrito (28g) Fruit or Juice Choices Milk	3 Pancakes w/Surup (31 g) Super Donut (29g) Fruit Choices Milk
6 Biscuit and Gravy (35g) Cherry Frudel (36g) Fruit Choices Milk	7 Breakfast Pizza (24g) Blueberry Muffin (32g) Fruit or Juice Choices Milk	8 Poptart and Sausage (33g) Powered Sugar Donut (36g) Fruit Choices Milk	9 Cheese Omelet w/ Toast (14g) Chocolate Muffin (32g) Fruit or Juice Choices Milk	0 French Toast Sticks (34g) Cinnamon Roll (36g) Fruit Choices Milk
13 Pancakes w/ Syrup (31g) Apple Frudel (36g) Fruit Choices Milk	14 Sausage Egg Biscuit (28g) Cinnamon Roll (36g) Fruit or Juice Choices Milk	15 Waffle Sticks (37g) Strawberry Cream Cheese Bagel (41g) Fruit Choices Milk	16 Scrambled Eggs w/ Toast (14g) Mini Cinnis (36g) Fruit or Juice Choices Milk	17 Pancake on a Stick (27g) Egg & Cheese Burrito (28g) Fruit Choices Milk
20 Biscuit and Gravy (35g) Mini Pancakes (40g) Fruit Choices Milk	21 Breakfast Pizza (24g) Blueberry Muffin (32g) Fruit or Juice Choices Milk	22 French Toast Sticks (34g) Cherry Frudel (36g) Fruit Choices Milk	23 Cheese Omelet w/ Toast (14g) Chocolate Muffin (32g) Fruit or Juice Choices Milk	24
27	28	<p><i>Breakfast is served each day in the cafeteria from 7:30 to 8:00. We serve a variety of entrees ,along with several fruit choices and milk. Full price breakfast is \$1.25, reduced price is .30. If you qualify for free or reduced lunch, you also qualify for free or reduced breakfast.</i></p>		

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SVCS Elementary Lunch Menu

Mon	Tue	Wed	Thu	Fri
		1 Salisbury Steak w/ Roll (24g) Fish Nuggets w/Roll (27g) Crispy Chicken Wrap (29 g) Sun Butter & Jelly (44g) Fresh Veggie and Fruit Bar	2 Loaded Nachos (45g) Beef Burrito (40g) Crispy Chicken Wrap (29 g) Sun Butter & Jelly (44g) Fresh Veggie and Fruit Bar	3 Cheese or Pepperoni Pizza (37g) Pretzel and Cheese (31g) Crispy Chicken Wrap (29 g) Sun Butter & Jelly (44g) Fresh Veggie and Fruit Bar
6 Chicken Nuggets w/WG Roll (31g) BBQ Rib Sandwich (31g) Italian Sub (27g) Sun Butter & Jelly (44g) Fresh Veggie and Fruit Bar	7 Hot Dog on Bun (22g) Mac & Cheese (31g) Italian Sub (27g) Sun Butter & Jelly (44g) Fresh Veggie and Fruit Bar	8 Bosco Sticks w/ Marinara (35g) Sloppy Joe on Bun (40g) Italian Sub (27g) Sun Butter & Jelly (44g) Fresh Veggie and Fruit Bar	9 Meatball Sub (22g) Chicken Quesadilla (38g) Italian Sub (27g) Sun Butter & Jelly (44g) Fresh Veggie and Fruit Bar	10 Spaghetti w/ Breadstick (67g) Hot Ham & Cheese (31g) Italian Sub (27g) Sun Butter & Jelly (44g) Fresh Veggie and Fruit Bar
13 Chicken Fries w/ WG Roll (31g) Sloppy Joe on Bun (40g) Popcorn Chicken Salad (16g) Sun Butter & Jelly (44g) Fresh Veggie and Fruit Bar	14 Mini Corn Dog (20g) Fish Sandwich (42g) Popcorn Chicken Salad (16g) Sun Butter & Jelly (44g) Fresh Veggie and Fruit Bar	15 Chicken & Noodles (22g) Toasted Cheese (32g) Popcorn Chicken Salad (16g) Sun Butter & Jelly (44g) Fresh Veggie and Fruit Bar	16 Loaded Nachos (45g) Chicken Fajita (29g) Popcorn Chicken Salad (16g) Sun Butter & Jelly (44g) Fresh Veggie and Fruit Bar	17 Mini Pancakes w/ Sausage (36g) Sausage, Egg Biscuit (28g) Popcorn Chicken Salad (16g) Sun Butter & Jelly (44g) Fresh Veggie and Fruit Bar
20 Popcorn Chicken w/ WG Roll (31g) Tenderloin on Bun (40g) Turkey & Cheese Wrap (33) Sun Butter & Jelly (44g) Fresh Veggie and Fruit Bar	21 Hamburger (23g) Cheeseburger (24g) BBQ McRib (30g) Turkey & Cheese Wrap (33) Sun Butter & Jelly (44g) Fresh Veggie and Fruit Bar	22 Bosco Sticks w/ Marinara (35g) Sloppy Joe on Bun (40g) Turkey & Cheese Wrap (33) Sun Butter & Jelly (44g) Fresh Veggie and Fruit Bar	23 Cheese or Pepperoni Pizza (37g) Pretzel and Cheese (31g) Turkey & Cheese Wrap (33) Sun Butter & Jelly (44g) Fresh Veggie and Fruit Bar	24
28	29 FREE SUMMER LUNCH PROGRAM CENTRAL ELEMENTARY SCHOOL MAY 28– JULY 19 11:30 A.M.— 1:00 P.M. 18 & UNDER ARE FREE / ADULTS OVER 18- \$3.25			