



Clear Lake Elementary School Breakfast Menu~**May** 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast Served:</u> 8:00 to 8:15 a.m. each school day <u>Milk Choices served daily:</u> White Skim, White 1%, & Chocolate Skim <u>Juice Choices served daily:</u> Apple, Grape, & Orange</p>	<p>1 Breakfast Cereal & Nutri Grain Bar Or Ham & Cheese Bagel Fruit Fruit Juice Milk Choice</p>	<p>2 Breakfast Cereal Or Little John Donut Yogurt or Yogurt Parfait Fruit Juice Fruit Milk Choice</p>	<p>3 Breakfast Cereal Or French Toast Sticks Cheese Omelet Fruit Juice Fruit Milk Choice</p>	<p>4 Breakfast Cereal Or Oatmeal Chocolate Chip “UBR” Fruit Juice Fruit Milk Choice</p>
<p>7 Breakfast Cereal Or Donut Holes Sausage Links Fruit Juice Fruit Milk Choice</p>	<p>8 Breakfast Cereal and Yogurt Or Peanut Butter & Jelly “Uncrustable” Fruit Juice Fruit Milk Choice</p>	<p>9 Breakfast Cereal & Graham Crackers Or Pancake Sausage Stick With Syrup Fruit Juice Fruit Milk Choice</p>	<p>10 Breakfast Cereal Or Oatmeal Cereal Bar Fruit Juice Fruit Milk Choice</p>	<p>11 Breakfast Cereal Or Cinnamon Roll Hard Cooked Egg Fruit Juice Fruit Milk Choice</p>
<p>14 Breakfast Cereal Or French Toast Sticks Sausage Links Fruit Juice Fruit Milk Choice</p>	<p>15 Breakfast Cereal Or Mini Cinni Smoothie Fruit Juice Fruit Milk Choice</p>	<p>16 Breakfast Cereal & Cheese Stick Or Ham & Cheese Bagel Sandwich Fruit Juice Fruit Milk Choice</p>	<p>17 Breakfast Cereal Or Oatmeal Blueberry Or Chocolate Muffin Fruit Juice Fruit Milk Choice</p>	<p>18 Breakfast Cereal Or Donut Holes Yogurt Fruit Juice Fruit Milk Choice</p>
<p>21 Breakfast Cereal Or Oatmeal Pop Tart Fruit Juice Fruit Milk Choice</p>	<p>22 Breakfast Cereal Or Mini Donuts Cheese Omelet Fruit Juice Fruit Milk Choice</p>	<p>23 Breakfast Cereal & Yogurt Or Sausage & Cheese Sandwich Fruit Fruit Juice Milk Choice</p>	<p>24 Breakfast Cereal & Graham Crackers Or Pancakes With Syrup Fruit Juice Fruit Milk Choice</p>	<p>25 Breakfast Cereal Or Cinnamon Roll Scrambled Eggs Fruit Juice Fruit Milk Choice</p>
<p>28 MEMORIAL DAY NO SCHOOL </p>	<p>29 Breakfast Cereal Or Sausage Pizza Graham Crackers Fruit Juice Fruit Milk Choice</p>	<p>30 Breakfast Cereal & Nutri Grain Bar Or Ham & Cheese Bagel Fruit Fruit Juice Milk Choice</p>	<p>31 Breakfast Cereal Or Little John Donut Yogurt or Yogurt Parfait Fruit Juice Fruit Milk Choice</p>	<p style="text-align: center;"><i>Menu Subject to Change.</i> This institution is an equal opportunity provider.</p>


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Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Build a Healthy Lunch! We provide "Offer vs. Serve" Students get to pick (at least) 3 components!</u></p> <p>Including (at least) ½ cup Fruit, ½ cup Vegetable, Or ½ cup Combo.</p>	<p>1 "Brunch Lunch" Cheese Omelet Sausage Links Dragon Punch Hash brown Muffin Orange Smiles Milk Choice</p>	<p>2 Pizza Casserole and Breadstick Or Peanut Butter Sandwich Garden Salad Bar Sliced Peaches Craisins Milk Choice</p>	<p>3 Mini Corn Dogs Or Chef Salad Macaroni & Cheese Steamed Broccoli Carrots With Dip Applesauce Milk</p>	<p>4 <u>Service Learning/Earth Day</u> Ham & Cheese Sub Fresh Vegetables Chips Grapes Sliced Apples Milk Choice</p>
<p>7 Cheese Quesadilla Or Taco in a Bag Fixings Refried Beans Mandarin Oranges "Jonny Pop" Fruit Bar Milk Choice</p>	<p>8 Pepperoni Pizza Or Cheese Ravioli and Breadstick Garden Salad Bar Sliced Apples Craisins Milk Choice</p>	<p>9 Barbeque Riblet Or Chicken Patty on a Bun Potato Smiles Or Au Gratin Potatoes Green Beans Peaches Milk Choice</p>	<p>10 Toasted Cheese Sandwich Or PB & J "Uncrustable" Tomato Soup Crackers Vegetables With Dip Strawberries Frozen Yogurt Milk</p>	<p>11 Chicken Nuggets Mashed Potatoes/Gravy Dinner Roll Steamed Corn Applesauce Mixed Fruit Milk Choice</p>
<p>14 Mini Corn Dogs Or Fish Sticks Potato Wedges Steamed Broccoli Cheese Sauce Sliced Pears Milk</p>	<p>15 Mandarin Orange Chicken Or Popcorn Chicken Chow Mein Noodles Rice Green Beans Carrots/Dip Pineapple Strawberries Fortune Cookie Milk</p>	<p>16 "Oodles of Noodles" With Meat Sauce Or Chicken Alfredo Breadstick Garden Salad Bar Sliced Peaches Milk</p>	<p>17 Pizza Sticks Or Italian Flatbread Spaghetti Sauce Corn Mandarin Oranges Vegetables With Dip Graduation Cake Milk</p>	<p>18 Warrior Burger Or Macaroni & Cheese French Fries Baked Beans Applesauce Blueberries Milk Choice</p>
<p>21 Turkey & Gravy With Biscuit Or PB & J "Uncrustable" Mashed Potatoes Steamed Corn Craisins Applesauce Milk Choice</p>	<p>22 Cheese Pizza Or Turkey & Cheese Wrap Garden Salad Bar Sliced Apples Slushie Fruit Cup Milk Choice</p>	<p>23 Pulled Pork Or Breaded Chicken Patty on a Bun Curly Fries Green Beans Sliced Peaches Fruit Juice Milk Choice</p>	<p>24 Chicken Fajita Wrap Or Yogurt, Cheese Stick, & Muffin Carrots With Dip Black Beans Rice Pineapple Strawberries Milk Choice</p>	<p>25 Stromboli Or Calzone Or "Goldfish Bowl" Spaghetti Sauce Vegetables With Dip Grapes Pudding Cup Milk Choice</p>
<p>28</p> 	<p>29 Chicken Nuggets Or Teriyaki Chicken Seasoned Rice Green Beans Vegetables With Dip Sliced Peaches Milk</p>	<p>30 Hot Dog on a Bun Or Meatball Sandwich Tator Tots Baked Beans Craisins Orange Smiles Milk Choice</p>	<p>31 Hot Ham & Cheese Sandwich Or Warrior Burger French Fries Carrots With Dip Applesauce Blueberries Milk</p>	<p><u>Milk Choices served daily:</u> White Skim, White 1%, & Chocolate Skim Not all entrée options available for PK students. Menu subject to change</p>

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<p><u>Build a Healthy Breakfast!</u> May select 1 fruit juice, 1 milk, and a ½ cup serving of fruit. May select 2 Entrée Options (* items count as 2). Entrée Options in blue may be doubled to count as your 2 items.</p>	<p>1 <u>Entrée Options</u> Cereal Oatmeal Mini Cinni Muffin Cream Cheese Bagel Yogurt</p>	<p>2 <u>Entrée Options</u> Cereal Cheese Stick Pop Tart Bagel With Jelly Muffin Ham & Cheese Sandwich*</p>	<p>3 <u>Entrée Options</u> Cereal Cheese Omelet Muffin French Toast Sticks Oatmeal Bar Nutri Grain Bar</p>	<p>4 <u>Entrée Options</u> Cereal Yogurt “Gripz” Graham Crackers Donut Holes Cereal Bar Sausage Links</p>
<p>7 <u>Entrée Options</u> Cereal Sausage Links Nutri Grain Bar Chocolate Chip “UBR” Cereal Bar Banana Bread*</p>	<p>8 <u>Entrée Options</u> Cereal Yogurt Oatmeal Bar Scrambled Eggs Muffin Little John Donut</p>	<p>9 <u>Entrée Options</u> Cereal Zee Zee Bar Muffin Yogurt Canadian Bacon, Egg, and Cheese Sandwich* “Gripz” Graham Crackers</p>	<p>10 <u>Entrée Options</u> Cereal Cheese Omelet Muffin Pancakes Nutri Grain Bar Yogurt Parfait</p>	<p>11 <u>Entrée Options</u> Cereal Yogurt “Gripz” Graham Crackers Cinnamon Roll Pop Tart Sausage Links</p>
<p>14 <u>Entrée Options</u> Cereal Yogurt Muffin Oatmeal French Toast Sticks Sausage Links</p>	<p>15 <u>Entrée Options</u> Cereal Hard Cooked Egg Muffin Pop Tart Donut Holes Smoothie</p>	<p>16 <u>Entrée Options</u> Cereal Yogurt Muffin Bagel With Jelly Ham & Cheese Sandwich* “Gripz” Graham Crackers</p>	<p>17 <u>Entrée Options</u> Cereal Sausage Links Cereal Bar Yogurt Muffin PB & J “Uncrustable”* Oatmeal Bar</p>	<p>18 <u>Entrée Options</u> Cereal Cheese Stick “Gripz” Graham Crackers Cinnamon Roll Nutri Grain Bar Cheese Omelet</p>
<p>21 <u>Entrée Options</u> Cheese Omelet Cereal Cheese Stick Zee Zee Bar Muffin Little John Donut</p>	<p>22 <u>Entrée Options</u> Cereal Yogurt Pop Tart Mini Donuts Muffin Sausage Links</p>	<p>23 <u>Entrée Options</u> Cereal Yogurt Muffin Nutri Grain Bar “Gripz” Graham Crackers Sausage, Egg, & Cheese Sandwich*</p>	<p>24 <u>Entrée Options</u> Cereal Cheese Omelet Oatmeal Bar Cinnamon Roll Cereal Bar Yogurt Parfait</p>	<p>25 <u>Entrée Options</u> Cereal Banana Bread* Cheese Stick Pop Tart Pancake Sausage Stick Cereal Bar Yogurt</p>
<p>28 MEMORIAL DAY NO SCHOOL</p> 	<p>29 <u>Entrée Options</u> Cereal Sausage Pizza “Gripz” Graham Crackers Yogurt Pop Tart Banana Bread*</p>	<p>30 <u>Entrée Options</u> Cereal Oatmeal Mini Cinni Muffin Cream Cheese Bagel Yogurt</p>	<p>31 <u>Entrée Options</u> Cereal Cheese Omelet Muffin French Toast Sticks Oatmeal Bar Nutri Grain Bar</p>	<p>Milk Options: White 1%, White Skim, & Chocolate Skim Juice Options: Apple, Grape, & Orange</p>

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<p><u>Build a Healthy Lunch! We provide "Offer vs. Serve"</u></p> <p style="text-align: center;">Students get to pick (at least) 3 components! Including (at least) ½ cup Fruit, ½ cup Vegetable, Or ½ cup Combo.</p>	<p>1 Chicken Philly Sub Or Turkey & Cheese Sub Or Or Barbeque Chicken Sub Fresh & Roasted Vegetables Oriental Slaw Craisins Mandarin Oranges Chips Milk Choice</p>	<p>2 Pizza Casserole Or Crispy Chicken Salad Breadstick Steamed Corn Milk Vegetables With Dip Pears Slushie Fruit Cup</p>	<p>3 Mini Corn Dogs Or Chef Salad Macaroni & Cheese Steamed Broccoli Milk Carrots With Dip Grapes Strawberries</p>	<p>4 Steak Burger Or Ham and Cheese Sub Fresh Vegetables Coleslaw Chips Bananas Sliced Apples Dirt Pudding Milk</p>
<p>7 Deluxe Nachos Or Quesadilla Fixings Refried Beans Pineapple Tidbits "Jonny Pop" Fruit Bar Juice Milk Choice</p>	<p>8 Pepperoni Pizza Or Cheese Ravioli & Garlic Toast Steamed Corn Garden Salad Bar Sliced Apples Sliced Pears Milk Choice</p>	<p>9 Barbeque Riblet Or Chicken Patty on a Bun Baby Red Potatoes Green Beans Mixed Fruit Grapes Milk Choice</p>	<p>10 Toasted Cheese Sandwich Or PB & J "Uncrustable" Or Oriental Chicken Salad Tomato Soup Crackers Vegetables/Dip Milk Strawberries Mandarin Oranges</p>	<p>11 Chicken Nuggets Or Salisbury Steak Mashed Potatoes/Gravy Dinner Roll Milk Sweet Potato Soufflé Applesauce Blueberries</p>
<p>14 "Brunch Lunch" Cheese Omelet Donut Sausage Links Juice Hash browns Salsa Orange Wedges Milk (Grilled Chicken Salad Option)</p>	<p>15 Mandarin Orange Chicken Or Chicken Smackers Chow Mein Noodles Rice Green Beans Carrots/Dip Applesauce Pineapple Fortune Cookie Milk</p>	<p>16 Penne Pasta With Meat Sauce Or Chicken Alfredo Breadstick Caesar Salad Steamed Broccoli Sliced Apples Slushie Fruit Cup Milk</p>	<p>17 Warrior Burger Or Pulled Pork Sandwich French Fries Baked Beans Mandarin Oranges Sliced Pears Graduation Cake Milk</p>	<p>18 Ham & Cheese Or Grilled Chicken Sub Fresh Vegetables Tangy Broccoli Salad Chips Grapes Strawberries Milk</p>
<p>21 Turkey & Gravy/Biscuit Or Peanut Butter Sandwich Mashed Potatoes Steamed Carrots Sliced Pears Craisins Milk Choice</p>	<p>22 Cheese Pizza Or Barbeque Chicken Sub Steamed Corn Garden Salad Bar Grapes Slushie Fruit Cup Milk Choice</p>	<p>23 Breaded Chicken Patty Or Fish on a Bun Green Beans Ranch Sweet Potato Fries Or Tator Tots Juice Mandarin Oranges Milk</p>	<p>24 Chicken Fajita, Ham & Cheese Wrap, Chicken Caesar Salad Or PB & J "Uncrustable" Carrots/Dip Seasoned Rice Black Beans Milk Strawberries Pineapple</p>	<p>25 Stromboli Or Bosco Sticks Or Garlic Cheese French Bread Caesar Salad Sliced Peaches Sliced Apples Pudding Cup Milk Choice</p>
<p>28</p> 	<p>29 Chicken Nuggets Or Chicken Teriyaki Wrap Seasoned Rice Green Beans Vegetables With Dip Sliced Peaches Juice Milk Choice</p>	<p>30 Hot Dog Or Meatballs on a Bun Tator Tots Baked Beans Applesauce Blueberries Milk Choice</p>	<p>31 Hot Ham & Cheese Sandwich Or Warrior Burger Potato Wedges/Cheese Sauce Steamed Broccoli Mandarin Oranges Strawberries Milk</p>	<p><u>Milk Choices served daily:</u> White Skim, White 1%, & Chocolate Skim</p> <p>This institution is an equal opportunity provider. <i>Menu Subject to Change</i></p>

