




# Clear Lake Elementary School Breakfast Menu ~ **March** 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>If you qualify for free lunch, breakfast is FREE!</p> <p>If you qualify for reduced lunch, breakfast is 30 cents. All other student breakfasts \$1.25</p>		<p><b>Breakfast Served:</b> 8:00 to 8:17 a.m. each school day</p> <p><b>Milk Choices served daily:</b> White Skim, White 1%, &amp; Chocolate Skim</p> <p><b>Juice Choices served daily:</b> Apple, Grape, &amp; Orange</p> <p>This institution is an equal opportunity provider. <i>Menu Subject to Change.</i></p>		<p>1 Breakfast Cereal Or Cinnamon Roll Hard Cooked Egg Fruit Juice Fruit Milk Choice</p>
<p>4 Breakfast Cereal Or French Toast Sticks Sausage Links Fruit Juice Fruit Milk Choice</p>	<p>5 Breakfast Cereal &amp; Cheese Stick Or Ham &amp; Cheese Bagel Sandwich Fruit Juice Fruit Milk Choice</p>	<p>6 Breakfast Cereal Or Mini Cinni Smoothie Fruit Juice Fruit Milk Choice</p>	<p>7 Breakfast Cereal Or Oatmeal Fruit Blueberry Or Chocolate Muffin Fruit Juice Milk Choice</p>	<p>8 Breakfast Cereal Or Donut Holes Scrambled Eggs Fruit Juice Fruit Milk Choice</p>
<p><b>National School Breakfast Week March 4-8</b></p>				
<p>11 Breakfast Cereal Or Oatmeal Pop Tart Fruit Juice Fruit Milk Choice</p>	<p>12 Breakfast Cereal Or Mini Donuts Cheese Omelet Fruit Juice Fruit Milk Choice</p>	<p>13 Breakfast Cereal &amp; Yogurt Or Sausage &amp; Cheese Sandwich Fruit Fruit Juice Milk Choice</p>	<p>14 Breakfast Cereal &amp; Graham Crackers Or Pancakes With Syrup Fruit Juice Fruit Milk Choice</p>	<p>15 Breakfast Cereal Or Cinnamon Roll Scrambled Eggs Fruit Juice Fruit Milk Choice</p>
<p>18 Breakfast Cereal Or Sausage Pizza Graham Crackers Fruit Juice Fruit Milk Choice</p>	<p>19 Breakfast Cereal Or Oatmeal Chocolate Chip "UBR" Fruit Juice Fruit Milk Choice</p>	<p>20 Breakfast Cereal &amp; Nutri Grain Bar Or Ham &amp; Cheese Bagel Fruit Fruit Juice Milk Choice</p>	<p>21 Breakfast Cereal Or Little John Donut Yogurt or Yogurt Parfait Fruit Juice Fruit Milk Choice</p>	<p>22 Breakfast Cereal Or French Toast Sticks Cheese Omelet Fruit Juice Fruit Milk Choice</p>
<p>25 Breakfast Cereal Or Donut Holes Sausage Links Fruit Juice Fruit Milk Choice</p>	<p>26 Breakfast Cereal &amp; Graham Crackers Or Pancake Sausage Stick With Syrup Fruit Juice Fruit Milk Choice</p>	<p>27 Breakfast Cereal &amp; Yogurt Or Peanut Butter &amp; Jelly "Uncrustable" Fruit Juice Fruit Milk Choice</p>	<p>28 Breakfast Cereal Or Cinnamon Roll Hard Cooked Egg Fruit Juice Fruit Milk Choice</p>	<p>29 <b>NO SCHOOL</b> <b>Teacher</b> <b>Inservice</b></p>


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<p><b>Adults are encouraged to join their students for lunch @ a cost of \$3.60 per meal. Please pay in the office.</b></p>		<p><u>Build a Healthy Lunch! We provide "Offer vs. Serve"</u>            Students get to pick (at least) 3 components!  <b>Including (at least) ½ cup Fruit, ½ cup Vegetable, Or ½ cup Combo.</b>  <u>Milk Choices served daily:</u> White Skim, White 1%, &amp; Chocolate Skim            This institution is an equal opportunity provider.            Not all entrée options available for PK students. Menu subject to change</p>		<p>1 Mini Corn Dogs Or            Chef Salad            Macaroni &amp; Cheese            Steamed Broccoli            Carrots With Dip            Applesauce Milk</p>
<p>4 Cheese Quesadilla Or            Taco in a Bag            Fixings Refried Beans            Mandarin Oranges            Slushie Fruit Cup            Milk Choice</p>	<p>5 Barbeque Riblet Or            Chicken Patty on a Bun            Potato Smiles Or            Au Gratin Potatoes            Green Beans            Sliced Peaches Milk</p>	<p>6 Toasted Cheese Sandwich            Or PB &amp; J "Uncrustable"            Tomato Soup Crackers            Vegetables With Dip            Strawberries            Frozen Yogurt Milk</p>	<p>7 Chicken Nuggets            Mashed Potatoes/Gravy            Dinner Roll            Steamed Corn            Applesauce Mixed Fruit            Milk Choice</p>	<p>8 Pepperoni Pizza Or            Cheese Ravioli and            Breadstick            Garden Salad Bar            Sliced Apples Cranberries            Milk Choice</p>
<p>11 Mandarin Orange Chicken            Or Popcorn Chicken            Chow Mein Noodles Rice            Green Beans Carrots/Dip            Pineapple Fruit Juice            Fortune Cookie Milk</p>	<p>12 Mini Corn Dogs Or            Macaroni &amp; Cheese            Potato Wedges            Steamed Broccoli            Cheese Sauce            Sliced Pears Milk</p>	<p>13 "Oodles of Noodles"            With Meat Sauce            Or Chicken Alfredo            Breadstick            Garden Salad Bar            Sliced Peaches Milk</p>	<p>14 Ham &amp; Cheese Sub            Or PB &amp; J "Uncrustable"            Fresh Vegetables            Chips Blueberries            Mandarin Oranges            Milk Choice</p>	<p>15 Warrior Burger Or            Fish Sticks            French Fries            Baked Beans            Applesauce            Milk Choice</p>
<p>18 Chicken Fajita Wrap Or            Yogurt, Cheese Stick, &amp; Muffin            Carrots With Dip            Black Beans Rice            Pineapple Orange Smiles            Milk Choice</p>	<p>19 Pulled Pork Or Breaded            Chicken Patty on a Bun            Sidewinders            Green Beans            Fruit Juice            Mixed Fruit Milk Choice</p>	<p>20 Turkey &amp; Gravy With            Biscuit            Or PB &amp; J "Uncrustable"            Mashed Potatoes            Steamed Corn Cranberries            Applesauce Milk Choice</p>	<p>21 Stromboli Or Calzone            Or "Goldfish Bowl"            Spaghetti Sauce            Vegetables With Dip            Grapes Sliced Apples            Pudding Cup Milk</p>	<p>22 Cheese Pizza Or            Turkey &amp; Cheese Wrap            Garden Salad Bar            Mandarin Oranges            "Jonny Pop" Fruit Bar            Milk Choice</p>
<p>25 Chicken Nuggets Or            Teriyaki Chicken            Seasoned Rice            Green Beans            Vegetables With Dip            Sliced Peaches Milk</p>	<p>26 Taco in a Bag            Or Soft-Shell Taco            Fixings Refried Beans            Sliced Apples            Slushie Fruit Cup            Milk Choice</p>	<p>27 Pizza Sticks Or            Italian Flatbread            Spaghetti Sauce            Corn Sliced Pears            Garden Salad Bar            Cookie Milk</p>	<p>28 Hot Ham &amp; Cheese            Sandwich Or Warrior Burger            French Fries            Carrots With Dip            Applesauce Blueberries            Milk Choice</p>	<p>29</p> 

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>National School Breakfast Week</b> <b>March 4<sup>th</sup>-8<sup>th</sup></b></p>	<p>If you qualify for free lunch, breakfast is <b>FREE!</b> If you qualify for reduced lunch, breakfast is <b>30 cents</b>. All other student breakfasts <b>\$1.35</b></p>	<p><b><u>Build a Healthy Breakfast!</u></b> 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 <b>blue</b> may be doubled to count as your 2 items. Milk Options: White 1%, White Skim, &amp; Chocolate Skim Juice Options: <b>Apple</b>, <b>Grape</b>, &amp; <b>Orange</b> Menu Subject to Change This institution is an equal opportunity provider.</p>		<p>1 <u>Entrée Options</u> Cereal Yogurt “Gripz” Graham Crackers Cinnamon Roll Pop Tart Sausage Links</p>
<p>4 <u>Entrée Options</u> Cereal Yogurt Muffin French Toast Sticks Cereal Bar Sausage Links</p>	<p>5 <u>Entrée Options</u> Cereal Yogurt Muffin Scooby Bone Crackers Ham &amp; Cheese Sandwich* “Gripz” Graham Crackers</p>	<p>6 <u>Entrée Options</u> Cereal Hard Cooked Egg Muffin Donut Holes Cheese Stick Pop Tart Smoothie</p>	<p>7 <u>Entrée Options</u> Cereal Sausage Links Cereal Bar Yogurt Muffin PB &amp; J “Uncrustable” Oatmeal Bar</p>	<p>8 <u>Entrée Options</u> Cereal Cheese Stick “Gripz” Graham Crackers Biscuits and Gravy* Nutri Grain Bar Cheese Omelet Muffin</p>
<p>11 <u>Entrée Options</u> Cereal Cheese Stick Pop Tart Pancake Sausage Stick Cereal Bar Yogurt</p>	<p>12 <u>Entrée Options</u> Cereal Cheese Omelet Cheese Stick Zee Zee Bar Muffin Little John Donut</p>	<p>13 <u>Entrée Options</u> Cereal Yogurt Parfait Pop Tart Mini Donuts Muffin Sausage Links</p>	<p>14 <u>Entrée Options</u> Cereal Yogurt Muffin Nutri Grain Bar “Gripz” Graham Crackers Sausage, Egg, &amp; Cheese Sandwich*</p>	<p>15 <u>Entrée Options</u> Cereal Cheese Omelet Oatmeal Bar Cinnamon Roll Cereal Bar Yogurt</p>
<p>18 <u>Entrée Options</u> Cereal Yogurt “Gripz” Graham Crackers Donut Holes Cereal Bar Sausage Links</p>	<p>19 <u>Entrée Options</u> Cereal Mini Cinni Scooby Bone Crackers Muffin Oatmeal Yogurt</p>	<p>20 <u>Entrée Options</u> Cereal Cheese Stick Pop Tart Cereal Bar Muffin Ham &amp; Cheese Sandwich*</p>	<p>21 <u>Entrée Options</u> Cereal Sausage Pizza “Gripz” Graham Crackers Yogurt Pop Tart Cheese Stick</p>	<p>22 <u>Entrée Options</u> Cereal Cheese Omelet Muffin French Toast Sticks Oatmeal Bar Nutri Grain Bar</p>
<p>25 <u>Entrée Options</u> Cereal Oatmeal Bar Sausage Links Nutri Grain Bar Chocolate Chip “UBR” Cereal Bar Cheese</p>	<p>26 <u>Entrée Options</u> Cereal Yogurt Scrambled Eggs Muffin Little John Donut Scooby Bone Crackers</p>	<p>27 <u>Entrée Options</u> Cereal Zee Zee Bar Muffin Yogurt Canadian Bacon, Egg, and Cheese Sandwich* “Gripz” Graham Crackers</p>	<p>28 <u>Entrée Options</u> Cereal Cheese Omelet Muffin Pancakes Nutri Grain Bar Yogurt Parfait</p>	<p>29 <b>NO SCHOOL</b> <b>Teacher</b> <b>Inservice</b></p>

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<p><b><u>'A la Carte Options:</u></b>  <b>Extra Entrée \$1.75</b>  <b>Cookies, Chips, Or</b>  <b>Fruit Snacks \$0.85</b>  <b>Milk \$0.30</b></p>		<p><b><u>Build a Healthy Lunch! We provide "Offer vs. Serve"</u></b>            Students get to pick (at least) 3 components!            Including (at least) ½ cup <b>Fruit</b>, ½ cup <b>Vegetable</b>, Or ½ cup <b>Combo</b>.  <u>Milk Choices served daily:</u> White Skim, White 1%, &amp; Chocolate Skim            This institution is an equal opportunity provider.  <i>Menu Subject to Change</i></p>		<p>1 Mini Corn Dogs            Or Chef Salad            Macaroni &amp; Cheese            Steamed Broccoli Milk            Carrots With Dip            Blueberries Strawberries</p>
<p>4 Deluxe Nachos            Or Quesadilla            Refried Beans Fixings            Pineapple Tidbits            "Jonny Pop" Fruit Bar            Juice Milk Choice</p>	<p>5 Barbeque Riblet Or            Chicken Patty on a Bun            Baby Red Potatoes            Green Beans            Slice Peaches Craisins            Milk Choice</p>	<p>6 Toasted Cheese Sandwich            Or PB &amp; J "Uncrustable"            Or Oriental Chicken Salad            Tomato Soup Crackers            Vegetables/Dip Strawberries            Mandarin Oranges Milk</p>	<p>7 Chicken Nuggets Or            Salisbury Steak            Mashed Potatoes/Gravy            Dinner Roll Milk            Sweet Potato Soufflé            Applesauce Mixed Fruit</p>	<p>8 Pepperoni Pizza Or            Cheese Ravioli &amp;            Breadstick Steamed Corn            Garden Salad Bar            Apples Sliced Pears            Milk Choice</p>
<p>11 Mandarin Orange Chicken            Or Chicken Smackers            Chow Mein Noodles Rice            Green Beans Carrots/Dip            Applesauce Pineapple            Fortune Cookie Milk</p>	<p>12 Warrior Burger Or            Pulled Pork Sandwich            French Fries Baked Beans            Mandarin Oranges            Sliced Pears            Milk Choice</p>	<p>13 Penne Pasta With Meat            Sauce Or Chicken Alfredo            Breadstick Caesar Salad            Steamed Broccoli            Sliced Apples            Slushie Fruit Cup Milk</p>	<p>14 Ham &amp; Cheese Or            Grilled Chicken Sub            Fresh Vegetables            Tangy Broccoli Salad            Grapes Strawberries            Chips Milk</p>	<p>15 "Brunch Lunch"            Cheese Omelet Donut            Sausage Links Juice            Hash browns Salsa            Orange Wedges Milk            (Grilled Chicken Salad Option)</p>
<p>18 Chicken Fajita, Chicken            Strips, Chicken Caesar Salad            Or PB &amp; J "Uncrustable"            Vegetables/Dip Rice            Black Beans Milk            Strawberries Pineapple</p>	<p>19 Barbeque Chicken, Fish,            Or Chicken Patty on a Bun            Green Beans            Ranch Sweet Potato Fries            Or Tator Tots Juice            Mandarin Oranges Milk</p>	<p>20 Turkey &amp; Gravy/Biscuit            Or Peanut Butter Sandwich            Mashed Potatoes            Steamed Carrots            Sliced Pears            Craisins Milk Choice</p>	<p>21 Stromboli Or            Bosco Sticks Or            Garlic Cheese French Bread            Caesar Salad            Sliced Peaches Sliced Apples            Pudding Cup Milk</p>	<p>22 Cheese Pizza Or            Ham &amp; Cheese Wrap            Steamed Corn            Garden Salad Bar            Grapes Applesauce            Milk Choice</p>
<p>25 Chicken Nuggets Or            Chicken Teriyaki Wrap            Seasoned Rice Green Beans            Vegetables With Dip            Sliced Peaches Juice            Milk Choice</p>	<p>26 Tacos Or            Ham &amp; Cheese Sandwich            Fixings Refried Beans            Pineapple Tidbits            Grapes Milk Choice            Slushie Fruit Cup</p>	<p>27 Pizza Sticks Or            Italian Flatbread Or            BBQ Pork Sandwich            Corn Garden Salad            Apples Cookie            Sliced Pears Milk</p>	<p>28 Hot Ham &amp; Cheese            Sandwich Or Warrior Burger            Potato Wedges/Cheese Sauce            Steamed Broccoli            Mandarin Oranges            Strawberries Milk</p>	<p>29</p> 