

## Miamisburg Elementary Cycle Breakfast Menu August-December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Cold Cereal Yogurt Fruit / Juice Milk	Pancake & Sausage On A Stick Fruit / Juice Milk	Cold Cereal Yogurt Fruit / Juice Milk	Powdered Mini Donuts Fruit / Juice Milk	Cold Cereal Yogurt Fruit / Juice Milk
Cold Cereal Yogurt Fruit / Juice Milk	Banana Chocolate Breakfast Bar Fruit / Juice Milk	Cold Cereal Yogurt Fruit / Juice Milk	Sausage & Biscuit Sandwich Fruit / Juice Milk	Cold Cereal Yogurt Fruit / Juice Milk
Cold Cereal Yogurt Fruit / Juice Milk	Mini Chocolate Donuts Fruit / Juice Milk	Cold Cereal Yogurt Fruit / Juice Milk	Pancake & Sausage on a Stick Fruit / Juice Milk	Muffin Yogurt Fruit / Juice Milk
Cold Cereal Yogurt Fruit / Juice Milk	Sausage & Biscuit Sandwich Fruit / Juice Milk	Cold Cereal Yogurt Fruit / Juice Milk	Chocolate Breakfast Bar Yogurt Milk	Cold Cereal String Cheese Fruit / Juice Milk
Cold Cereal Yogurt Fruit / Juice Milk	Peanut Butter & Jelly Grahamwich Fruit / Juice Milk	Cold Cereal Yogurt Fruit / Juice Milk	Pancake & Sausage On A Stick Fruit / Juice Milk	Muffin Yogurt Fruit / Juice Milk

AUGUST	SEPTEMBER	OCTOBER
M T W T F 1 2 3 4 7 8 9 10 11 14 15 16 17 18 21 22 23 24 25 28 29 30 31	M T W T F 1 4 5 6 7 8 11 12 13 14 15 18 19 20 21 22 25 26 27 28 29	M T W T F 2 3 4 5 6 9 10 11 12 13 16 17 18 19 20 23 24 25 26 27 30 31
NOVEMBER	DECEMBER	Late Arrival Days No Breakfast Served September - 13th October - 25th
M T W T F 1 2 3 6 7 8 9 10 13 14 15 16 17 20 21 22 23 24 27 28 29 30	M T W T F 1 4 5 6 7 8 11 12 13 14 15 18 19 20 21 22 25 26 27 28 29	

**Breakfast Prices**  
 Reduced Students Eat Breakfast Free  
 Breakfast - \$1.20

**Choices Offered Daily**  
 Cold Cereal / Yogurt

**Breakfast Meal Pattern Components**  
 Fruit / Juice / Vegetable- Vegetable Juice -  
 1 cup or 2 - 1/2 offered daily  
 Grain / Bread - 2 serving offered daily  
 May substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. grain/bread  
 A variety of lowfat / fat free milk offered daily

**Daily Amount Based On Average for 5 -day week**  
 Min-max calories -350 - 550  
 Saturated Fat - < 10 grams  
 Sodium -540 grams

Menu subject to change  
 USDA is an equal opportunity provider and employer

# Miamisburg Elementary Cycle Lunch Menu

## August - December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Corn Dogs Sweet Corn Celery Sticks Applesauce	Italian Spiral Bake Texas Toast Green Beans Mandarin Oranges	Chicken Nuggets Dipping Sauce Dinner Roll Potato Wedges Steamed Broccoli Diced Peaches	Beef Taco Meat Tortilla Shells Shredded Lettuce Cheese Refried Beans Fresh Fruit	Pizza Wedge Tossed Salad Grape Tomatoes Pineapple Tidbits
Hot Dog On Bun Baked Beans Celery Sticks Mandarin Oranges	French Toast Sticks Syrup Sausage Links Tator Coins Juice	Cheese Pizza Tossed Salad Grape Tomatoes Pineapple Tidbits	Chicken Tenders Dinner Roll Mashed Potatoes / Gravy Green Beans Fresh Fruit	Cheeseburger On Bun Lettuce & Tomato Sweet Corn Applesauce
Stuffed Crust Pepperoni Pizza Tossed Salad Grape Tomatoes Diced Pears	Beef Rib A Q On Bun Baked Potato Steamed Carrots Fresh Fruit	Beef Taco Meat Cheese Sauce Nacho Chips Refried Beans Steamed Broccoli Pineapple Tidbits	Chicken Rings Dipping Sauce Soft Pretzel Sweet Corn Mandarin Oranges	Italian Spiral Bake Texas Toast Green Beans Cinnamon Applesauce
Mini Corn Dogs Sweet Corn Carrot Sticks Mandarin Oranges	Beef Taco Meat Tortilla Shells Shredded Lettuce Shredded Cheese Refried Beans Diced Peaches	Breaded Chicken Drumstick Dinner Roll Mashed Potatoes/Gravy Green Beans Fresh Fruit	Pizza Tossed Salad Grape Tomatoes Cherry Applesauce	Cheeseburger On Bun Lettuce & Tomato French Fries Fruit Cocktail
Chicken Poppers Dipping Sauce Dinner Roll Steamed Peas Applesauce	French Toast Sticks Syrup Sausage Links Tator Coins Juice	Beef Taco Meat Tortilla Chips Cheese Sauce Refried Beans Steamed Broccoli Diced Peaches	Hot Dog On Bun Waffle Fries Carrot Sticks Fresh Fruit	Pizza Tossed Salad Grape Tomatoes Pineapple Tidbits

AUGUST				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

SEPTEMBER				
M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

OCTOBER				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			
** October 31st** Halloween Lunch				

NOVEMBER				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	
** November 16th** Thanksgiving Lunch				

DECEMBER				
M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
** December 14th** Holiday Lunch				

Lunch Prices  
Reduced Lunch - \$ .40  
Lunch \$2.25

### \*\* Daily Lunch Choices\*\*

Turkey Ham Sandwich  
Peanut Butter or Peanut Butter & Jelly Sandwiches  
Chef Salad

A variety of fresh and canned fruits are offered daily.

Cheese Sandwich

### \*\*Lunch Meal Pattern Components\*\*

Fruit - 1/2 cup offered daily

A variety of vegetables are offered daily-1/2 cup

Grains/Bread 1 1/2 to 2 servings offered daily

Meat/Meat Alternate -2 oz. offered daily

A variety of lowfat/ fat free milk options are included with a plate lunch.

You must take at least 1/2 cup of fruit or 1/2 vegetables to meet a complete lunch

The following vegetables must be offered weekly:

1/2 cup - dark green vegetables, 1/2 cup beans/peas(legumes)

3/4 cup red,orange vegetables

1/2 cup starchy vegetables + 1 cup of additional vegetables weekly

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