



# Cyclone Elementary Menu

WILEY ONLY: Daily Sub Offerings- Monday- Bologna and Cheese, Tuesday and Thursday- Ham and Cheese- Wednesday and Friday-Turkey and Cheese

\*\*\*\*Peanut Butter and Jelly Meal offered daily. K-4 Includes: Peanut Butter and Jelly Sandwich, string cheese, \*additional grain item, milk, fruit and vegetable of the day

\*Additional Grain Item may include one of the following: Goldfish Cracker, Pretzel, Graham Cracker

**BREAKFAST is offered daily and includes assorted cereal, juice, milk and entree listed**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Breakfast: Fruit Cup and Pancakes <b>Galaxy Pizza</b> Garden Salad w/ Fresh Veggies Peaches PIZZA HUT WILEY/OHIO 1
Breakfast: Raisins  <b>Chicken Tenders</b>  Baked Beans Whole Wheat Dinner Roll Strawberry Cup  4	Breakfast: Fruit Cup and Cinni Minis  <b>Calzone</b>  Fresh Vegetables Romaine Salad Chilled Pears  Marinara Dipping Sauce 5	Breakfast: Bananas and Fruit and Grain Bar  <b>French Toast</b>  Smile Potatoes Carrot Sticks Fruitable Juice Box  Apple 6	<b>SNOW DAY</b>  7	Breakfast: Craisins and Mini Waffle  <b>Galaxy Pizza</b> Garden Salad with Fresh Vegetables Peaches  PIZZA HUT: KNICKERBOCKER/SHERMAN 8
Breakfast: Raisins  <b>BBQ Chicken Sandwich</b>  Mexican Bean Salad Green Beans Apple  11	Breakfast: Fruit Cup and Egg and Cheese on Bun <b>Popcorn Chicken Bowl with Mashed Potatoes</b>  Corn Whole Wheat Dinner Roll Diced Pears Chicken Gravy 12	Breakfast: Bananas and Strawberry Chex Mix <b>Vanilla Yogurt Parfait with Strawberries</b>  Granola Veggie Cruncher Cups Applesauce Muffin 13	Breakfast: Craisins and Pancakes  <b>Individual Pan Pizza</b> Garden Salad with Fresh Vegetables Diced Peaches 14	Breakfast: Fruit Cup  <b>EARLY DISMISSAL</b>  CYCLONE LUNCHABLE Ham, Bologna and Cheese Pretzel, Baby Carrots Apple Slices 15
<b>NO SCHOOL</b> 18	<b>MID-WINTER RECESS</b> 19	<b>RECESS</b> 20	<b>NO SCHOOL</b> 21	<b>NO SCHOOL</b> 22
Breakfast: Raisins  <b>Hamburger on a Roll</b>  Baked Beans Berry Cup  25	Breakfast: Fruit Cup and Mini French Toast <b>Southern Style Chicken</b>  Hamburger Roll Sweet Potato Fry Pears 26	Breakfast: Bananas and WG Donuts <b>Tacos with Nacho Chips</b>  Refried Beans Lettuce and Cheese Cup Apple 27	Breakfast: Craisins and Cinni Mini  <b>4 Cheese Pizza</b> Garden Salad with Fresh Vegetables Peaches PIZZA HUT: NORTH/STARBUCK 28	

USDA IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER

Menu subject to change without notice

Please be advised if your child/children have food allergies, foods served may contain ingredients your child is allergic to. For more specific information, please contact the School Nutrition Program Director.

**Make Every Forkful Count:**

**Vary Your Protein Foods:**

Serve a variety of protein foods to help your student get the nutrients he or she needs for health and growth. Protein supports growing muscles. The iron in protein foods helps carry oxygen within the blood.

**Sources of Protein:**

Poultry, Beef, Pork, Beans, Peas, Eggs, Seafood, Fish, Tofu, and Nuts Dairy Too!!

Try Grilling, Broiling, Roasting, or Baking These methods do not add extra fat!

