

WESTERN PLACER UNIFIED SCHOOL DISTRICT

ELEMENTARY SPRING BREAKFAST MENU



ITEMS OFFERED DAILY:

Bagels w/Cream Cheese (48g), Otis Spunkmeyer Muffins (36g),
 Yogurt Parfait (76g), General Mills WG Assorted Cereals (56 g)
 1% White Milk, Non Fat Chocolate Milk & Non Fat Vanilla Milk (16g)
 Fresh Fruit (18g), Canned Fruit (18g), Raisins (30g), Baby Carrots (8g)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEK OF
Mini Pancakes (35g) 100% Fruit Juice (14g)	Cinnamon Roll (43g) 100% Fruit Juice (14g)	Pancake on a Stick(55g) 100% Fruit Juice (14g)	Breakfast Pizza (27g) 100% Fruit Juice (14g)	Dutch Waffles (45g) 100% Fruit Juice (14g)	3-Apr 8-May
French Toast (28g) 100% Fruit Juice (14g)	Cinnamon Roll (43g) 100% Fruit Juice (14g)	Dutch Waffles (45g) 100% Fruit Juice (14g)	Breakfast Sandwich (26g) 100% Fruit Juice (14g)	Breakfast Pizza (27g) 100% Fruit Juice (14g)	17-Apr 15-May
Breakfast Pizza (27g) 100% Fruit Juice (14g)	Buttermilk Bar (39g) 100% Fruit Juice (14g)	Pancake on a Stick(55g) 100% Fruit Juice (14g)	French Toast (28g) 100% Fruit Juice (14g)	Dutch Waffles (45g) 100% Fruit Juice (14g)	24-Apr 22-May
Breakfast Chicken Slider (33g) 100% Fruit Juice (14g)	Dutch Waffles (45g) 100% Fruit Juice (14g)	Breakfast Sandwich (26g) 100% Fruit Juice (14g)	Mini Pancakes (35g) 100% Fruit Juice (14g)	Breakfast Pizza (27g) 100% Fruit Juice (14g)	1-May 30-May

Protein = (Meat/Meat Alternative) Whole Grains, Dairy, Fruit & Vegetables are offered daily

Each student may take a serving from each of the "5" food groups offered at Breakfast

Breakfast Menu Pricing: \$1.75 -Full Pay .30 - Reduced Pay .50 - Milk

*****MENU SUBJECT TO CHANGE*****

(Which could affect carb count)

This institution is an equal opportunity provider.





WESTERN PLACER UNIFIED SCHOOL DISTRICT

ELEMENTARY SPRING LUNCH MENU



Offered daily: 1% White Milk, Non Fat Chocolate Milk & Non Fat Vanilla Milk (16g)
 Fresh Fruit (18g), Canned Fruit (18g), Raisins (30g), Baby Carrots (9g) & Garden Salad (20g)

Fresh Salad Bar Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEK OF
Hot Dog (27g) French Fries (12g) ***** Chef's Choice	Mandarin Orange Chicken over Rice (43g) Fruit Juice (14g)	Schwan's Big Daddy's Cheese (36g) or Pepperoni Pizza (36g) Fruit Juice (14g)	Tyson Tenderloin Chicken Strip (17g) Baked Fries (12g) WG Cookie (21g)	Homemade Chili Cheese Nacho's (68g) Corn (19g)	3-Apr 8-May
Steak Pub Hamburger or Cheeseburger (27g) w/Lettuce & Tomato French Fries (12g) Chef's Choice	Bean & Cheese Burrito (56g) Corn (19g)	Schwan's Big Daddy's Cheese (36g) or Pepperoni Pizza (36g) Fruit Juice (14g)	Tyson Chicken Sandwich (41g) w/Lettuce & Tomato Garlic Baked Fries (12g)	Mandarin Orange Chicken over Rice (43g) Fruit Juice (14g)	17-Apr 15-May
Foster Farms Corn Dog (30g) Tator Tots (16g) ***** Chef's Choice	Lasagna Roll (29g) Garlic Toast (15g) Tossed Salad w/Ranch (20g)	Schwan's Big Daddy's Cheese (36g) or Pepperoni Pizza (36g) Fruit Juice (14g)	Tyson Chicken Tenders (21g) Mashed Potatoes (17g) WG Cookie (21g)	Spaghetti w/Meatballs (57g) Seasoned Vegetable (3g)	24-Apr 22-May
BBQ Rib Sandwich (38g) Garlic French Fries (12g) ***** Chef's Choice	Creamy Mac & Cheese (31g) Fruit Juice (14g)	Schwan's Big Daddy's Cheese (36g) or Pepperoni Pizza (36g) Fruit Juice (14g)	Tyson Chicken Sandwich (41g) w/Lettuce & Tomato Garlic Baked Fries (12g)	Grilled Cheese Sandwich (33g) French Fries (12g)	1-May 30-May

Protein = (Meat/Meat Alternative) Whole Grains, Dairy, Fruit & Vegetables are offered daily

Each student may take a serving from each of the "5" food groups offered at lunch

Lunch Menu Pricing:

\$3.00 - Full Pay

.40 - Reduced Pay

.50 - Milk

\$3.75 - Adult

*****MENU SUBJECT TO CHANGE*****

(Which could affect carb count)

This institution is an equal opportunity provider.

