

Elmwood Murdock Public Schools

MEAL PRICING:

Breakfast Full Price	\$1.90
Reduced Breakfast Price	\$0.30
Milk Only	\$0.40

BREAKFAST Menu

March-May 2014

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Breakfast Pizza Juice Fruit Milk	Combo-Ham or Sausage Toast Juice Fruit Milk	French Toast Sticks Juice Fruit Milk	Pancake on Stick- E Breakfast Burrito-M Juice Fruit Milk	Waffles & Sausage- E Sausage Gravy/Biscuit- M Fruit Milk Juice
2	Breakfast Pizza Juice Fruit Milk	Combo-Ham or Sausage Toast Juice Fruit Milk	French Toast Sticks Juice Fruit Milk	Pancake on Stick- E Breakfast Burrito-M Juice Fruit Milk	Waffles & Sausage- E Sausage Gravy/Biscuit- M Fruit Milk Juice
3	Breakfast Pizza Juice Fruit Milk	Combo-Ham or Sausage Toast Juice Fruit Milk	French Toast Sticks Juice Fruit Milk	Pancake on Stick- E Breakfast Burrito-M Juice Fruit Milk	Waffles & Sausage- E Sausage Gravy/Biscuit- M Fruit Milk Juice
4	Breakfast Pizza Juice Fruit Milk	Combo-Ham or Sausage Toast Juice Fruit Milk	French Toast Sticks Juice Fruit Milk	Pancake on Stick- E Breakfast Burrito-M Juice Fruit Milk	Waffles & Sausage- E Sausage Gravy/Biscuit- M Fruit Milk Juice

OTHER DAILY SELECTIONS:

ENTREES

Assorted
Cereals
WG Toast
Yogurt with
Granola-M

PB&J
Sandwich-M

DRINKS

4 oz Juice
\$0.50

NUTRITION BITES:

- Breakfast contributes less than 20% of daily calories, but significant levels of many key vitamins and minerals including calcium, Iron, and B vitamins.¹
- The U.S. Dietary Guidelines recommends that Americans eat more whole grain. Cereal is one of the best ways to get the whole grain you need at breakfast.
- Cereal is an important contributor to improved nutrient intake in food insecure children.²

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26	27	28	29	30	31	

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29	30					

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

■ Week 1 Meal Plan
 ■ Week 2 Meal Plan
 ■ Week 3 Meal Plan
 ■ Week 4 Meal Plan

1. NHANES 2007-08.
2. Albertson et al. Ready-to-Eat Cereal Intake is Associated with an Improved Nutrient Intake Profile among Food Insecure Children in the United States. *Journal of Hunger & Environmental Nutrition* (2013).

LUNCH

April 2014

Elmwood Murdock Public Schools

Nutrition Tip

Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Menus are subject to change.

* Monday

* Tuesday

* Wednesday

* Thursday

* Friday

1

Crispito
Cheese Sauce
Spanish Rice
Broccoli
Fruit

2

Ham Patty
WG Bun
Au gratin Potatoes
Fruit
Cupcake

3

Sloppy Joes-E
French Dip-M
Green Beans
Fruit
Chips

4

Grilled Cheese
Soup
Baby Carrots
Crackers
Fruit

7

Mini Corn Dogs
Green Beans
Peaches
Crispy Treat

8

Meatball Sub on WG Bun
Broccoli
Fruit
Animal Crackers

9

Nachos
Nachos Toppings
Refried Beans
Fruit

10

Teriyaki Chicken
Asian Rice
Broccoli
Mandarin Oranges
Dinner Roll

11

Pizza
Tossed Salad
WG Crackers
Fruit
Ice Cream

14

Ham burger
WG Bun
Baked Beans
Fruit
Chips

15

Breaded Steak
Mashed Potatoes
Gravy
Corn
Dinner Roll

16

Italian Dunker
WG Garlic Bread
Broccoli
Fruit

17

Chicken Patty
WG Bun
Tri-tators
Fruit

18

**No School
Easter Break**

21

**No School
Easter Break**

22

Chicken Strips
Cooked Carrots
Applesauce
WG Biscuit

23

Hot Dog or Polish Dog
WG Bun
Baked Beans
Fruit

24

Tacos
WG Hard or Soft Shell
Refried Beans
Fruit
Churro

25

Fiestada
Tossed Salad
WG Crackers
Fruit
Pudding Cup

28

Ham burger
WG Bun
Baked Beans
Fruit
Crispy Treat

29

Mandarin Chicken
Asian Rice
Broccoli
Mandarin Oranges
Dinner Roll

30

Pasta With Meat sauce
California Vegetable Blend
Fruit
Bread Stick

School Information:

All meals are served with a choice of 1% white or flavored skim milk.
Choices from the fruit/vegetable bar are included in lunches for K-12 grade students.
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