



## Sample Menu Items

Our meals are geared towards the appetites of 5<sup>th</sup> and 6<sup>th</sup> graders with plenty of variety. Cold cereal is available at every breakfast and a fruit and salad bar with lots of veggies is available at every lunch and dinner. Below are sample options for the hot food on the buffet line.

Our baked goods are available at breakfast and desserts for dinner. They are made in house and don't have a consistent schedule, baker's choice!

We encourage students to eat what they want and what makes their tummies happy and full. We use portion control with our hot food items so everyone gets some and that we don't take too much. We teach the students about Food Waste and present a challenge within themselves not to have any food waste for the meals.

Students are encouraged to drink LOTS of water (bringing a reusable water bottle is great for this!).

Milk is also available; 2%, Low-fat, or 1% and almond milk is available by request for any dietary restrictions. Juice cups are available at breakfast (Apple, Orange, or Grape) and a whole pitcher of juice is prepared for their table at dinner time (surprise flavor – different every day and mixed up fresh!).

### Breakfast

Scrambled eggs  
Pancakes  
Waffles  
French Toast  
Sausage (links/patties)  
Bacon  
Hash brown cubes  
Potato coins  
Smiley potatoes  
Potato triangles  
Oatmeal  
Cream of wheat

### Pastries

Muffins  
Cinnamon rolls  
Danishes  
Coffee cake  
Puff pastries with fruit filling

### Lunch

Chicken patties  
Macaroni & Cheese  
Hamburgers  
Hot Dogs  
Philly steak  
Pulled pork  
Pulled chicken  
Sloppy Joes  
Grilled Cheese  
Mini Corn Dogs  
Baked Beans  
Steamed/Cooked veggies  
Soups: Tomato, Potato, Veggie  
French Fries  
Tater Tots

### Dinner

Beef Pot Roast  
Ham  
Turkey  
Taco bar  
Pizza  
Popcorn Chicken  
Orange Chicken  
Spaghetti & Meatballs  
Baked Chicken  
Mini Bakers  
Mashed potatoes & gravy  
Au-gratin potatoes  
Cheesy potatoes  
Biscuits  
Rolls  
Breadsticks  
Pretzel bites  
Fried rice  
Spring rolls  
Steamed/Cooked Veggies

### Desserts

Brownies  
Cookies  
Cake  
Dirt pudding