

# Whiteford Elem. Breakfast Menu

## October 2015

Food Service Director:  
Megan Menchaca, MS, RD, CD  
MMenchaca@thenutritiongroup.biz



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Whole Grain Cinnamon Roll or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	2 Cinni Minis or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk
5 Pancake on a Stick Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	6 Yogurt w/ Graham Crackers or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	7 Mini Pancakes or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	8 Mini Bagels or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	9 Breakfast Wrap or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk
12 Mini French Toast or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	13 Cinni Minis or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	14 Yogurt w/ Graham Crackers or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	15 Hot Breakfast Sandwich or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	16 Whole Grain Cinnamon Roll or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk
19 Mini Pancakes or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	20 Breakfast Pizza or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	21 Fruit Frudel or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	22 Mini Bagels or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	23 PopTart or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk
26 Whole Grain Cinnamon Roll or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	27 Mini Bagel or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	28 Cinni Minis or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	29 Pancake on a Stick Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	30 <b>NO SCHOOL TEACHER In SERVICE</b>

### What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 8 oz. Milk

### Middle & High School Alternate Options May Include:

Banana or Blueberry Muffins  
Chocolate Chip Oatmeal Breakfast Bar  
Warm Grab & Go Breakfast Sandwiches  
Fortified Breakfast Pastries  
Warm Bagels  
Yogurt & Toast

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



### Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,  
Fat Free White and Low Fat White

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food service program



**Meal Prices:**  
HS & MS / Paid \$1.10 Reduced \$.30  
Adult \$1.50

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

# Whiteford Elementary October Lunch Menu

Food Service Director: Megan Menchaca, MS, RD, CD  
mmenchaca@thenutritiongroup.biz



## What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread,  
and Choice of Milk

\*Students must choose at least one fruit or vegetable



## Fresh Fruits and Vegetables Offered Daily Offered Daily

\*Vegetables may include:

Broccoli Florets  
Carrots  
Leafy Green Salads  
Legume Salads  
Celery & Cucumber

\*May choose two 1/2 cup servings cup servings

Fresh Produce from Local Farms based on crop availability

\*Fruits may include:

Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce


\*May choose 1/2 cup serving



## Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,  
Fat Free White and Low Fat White

Lunch Prices:  
Paid \$2.50  
Reduced \$.40  
Adult \$3.60

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Whole Grains Available Daily			1 <b>Classic Hot Dog on Bun</b> Baked Beans Assorted Fruit Choice of Milk	2 <b>PIZZA FRIDAY!</b> <b>Homemade Cheese Pizza!</b> Assorted Fruit Choice of Milk
5 <b>Cheesy Bosco Sticks</b> w/ Marinara Homestyle Green Beans Assorted Fruit Choice of Milk	6 <b>National Wrap Day!</b> <b>Ham &amp; Cheese Wrap</b> Colorful Mixed Veggies Assorted Fruit Choice of Milk	7 <b>Mini Corn Dogs</b> Honey Glazed Carrots Assorted Fruit Choice of Milk	8 <b>Creamy Chicken Alfredo w/ Breadstick</b> Steamed Broccoli Trees Assorted Fruit Choice of Milk	9 <b>PIZZA FRIDAY!</b> <b>Homemade Cheese Pizza!</b> Assorted Fruit Choice of Milk
12 <b>National School Lunch Week</b> <b>Mama's Meatloaf w/ Dinner Roll</b> Smashed Potatoes & Gravy Assorted Fruit	13 <b>LUCKY TRAY DAY!</b> <b>Beef &amp; Cheese Nachos</b> Pintos & Cheese Assorted Fruit Choice of Milk * Buy a Lunch, Chance to Win a Prize!	14 <b>Chinese Take-Out Day!</b> <b>Sweet &amp; Sour Chicken over Rice</b> Steamed Broccoli Trees Assorted Fruit Choice of Milk	15 <b>Free Cookie Day!</b> <b>Macaroni &amp; Cheese w/ Dinner Roll</b> Sweet Green Peas Assorted Fruit Chocolate Chip Cookie Choice of Milk	16 <b>PIZZA FRIDAY!</b> <b>Homemade Pepperoni Pizza!</b> Assorted Fruit Choice of Milk
19 <b>BREAKFAST FOR LUNCH!!!!</b> <b>Mini Pancakes w/ Sausage</b> Oven Baked French Fries Assorted Fruit Choice of Milk	20 <b>Walking Taco w/ Doritos</b> Spanish Rice Assorted Fruit Choice of Milk	21 <b>National Apple Day</b> <b>Grilled Cheese Sandwich w/ Tomato Soup</b> Cinnamon Applesauce/ Assorted Fruit Choice of Milk	22 <b>National Noodle Day</b> <b>Spaghetti w/ Meatballs w/ Breadstick</b> Homestyle Green Beans Assorted Fruit Choice of Milk	23 <b>PIZZA FRIDAY!</b> <b>Homemade Cheese Pizza!</b> Assorted Fruit Choice of Milk
26 <b>Grilled Chicken BBQ Sandwich</b> Mixed Veggies Assorted Fruit Choice of Milk	27 <b>Sloppy Joe Nachos</b> Black Beans & Salsa Assorted Fruit Choice of Milk	28 <b>Crispy Popcorn Chicken</b> w/ Bread Item Smashed Potatoes & Gravy Assorted Fruit Choice of Milk	29 * Halloween Treat <b>PIZZA THURSDAY!</b> <b>Homemade Pepperoni Pizza Rolls</b> Sweet Potato Tots Assorted Fruit Choice of Milk	30 <b>NO SCHOOL !</b>
<b>Monday Second Entrée Option:</b> Mini Corn Dogs	<b>Tuesday Second Entrée Option:</b> Chicken Nuggets w/ Bread Item	<b>Wednesday Second Entrée Option:</b> Cheeseburger On Bun	<b>Thursday Second Entrée Option:</b> Chicken Patty on Bun	<b>Friday Second Entrée Option:</b> Turkey & Cheese Wrap

MENUS SUBJECT TO CHANGE

USDA IS AN EQUAL OPPORTUNITY AND EMPLOYER

# Whiteford MS/HS Breakfast Menu

## October 2015

Food Service Director:  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Bagel Sandwich or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	2 Cinni Minis or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk
5 Pancake on a Stick Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	6 Breakfast Pizza Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	7 Mini Pancakes or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	8 Mini Bagels or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	9 Breakfast Wrap or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk
12 Mini French Toast or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	13 Cinni Minis or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	14 PopTart or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	15 Hot Breakfast Sandwich or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	16 Cinnamon Roll or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk
19 Mini Pancakes or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	20 Breakfast Pizza or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	21 Fruit Frudel or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	22 Mini Bagels or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	23 PopTart or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk
26 Cinnamon Roll or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	27 Mini Bagel or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	28 Cinni Minis or Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	29 Pancake on a Stick Cereal w/ Graham Crackers Fresh Assorted Fruit 100% Fruit Juice Low Fat Milk	30 <b>NO SCHOOL TEACHER In SERVICE</b>

### What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 8 oz. Milk

### Middle & High School Alternate Options May Include:

Banana or Blueberry Muffins  
Chocolate Chip Oatmeal Breakfast Bar  
Warm Grab & Go Breakfast Sandwiches  
Fortified Breakfast Pastries  
Warm Bagels  
Yogurt & Toast

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



### Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,  
Fat Free White and Low Fat White

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food service program**



**Meal Prices:**  
HS & MS / Paid \$1.10 Reduced \$.30  
Adult \$1.50

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# Whiteford MS/HS Lunch Menu

## October 2015



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	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>The Grille</b></p> <p>Hamburger on a Bun Cheeseburger on a Bun Breaded Chicken Sandwich Spicy Breaded Chicken</p>		Whole Grains Available Daily		<p>1 Crispy Chicken Strips w/ Dinner Roll Mashed Potatoes w/ Gravy Assorted Fruit Choice of Milk</p>	<p>2 <b>HOMECOMING!!!</b> <b>Tailgate Party!!!</b> <b>Rodeo Burgers &amp; Hot Dogs</b> Baked Beans Coleslaw *Buy a Lunch, Enter the Raffle to Win a Prize!</p>
 <p><b>The Garden</b></p> <p>*Customize Your Salad! Grilled Chicken Sandwich Chicken Caesar Salad Garden Salad with Cheese Chef Salad Breaded Chicken Salad</p>	<p>5 <b>Cheesy Bosco Sticks With Marinara</b> Homestyle Green Beans Assorted Fruit Choice of Milk</p>	<p>6 <b>RECIPE OF THE MONTH!</b> Jamaican Jerk Pork over Rice Colorful Mixed Veggies</p>	<p>7 <b>Mini Corn Dogs</b> Cooked Carrots Assorted Fruit Choice of Milk</p>	<p>8 <b>Creamy Chicken Alfredo With Breadstick</b> Steamed Broccoli Assorted Fruit Choice of Milk</p>	<p>9 <b>Ole! Chicken Nachos</b> Steamed Sweet Corn Black Beans &amp; Salsa Assorted Fruit Choice of Milk</p>
 <p><b>The Pizzeria</b></p> <p>*Look for Specials Like:  BBQ Chicken Pizza Taco Pizza Hawaiian Pizza Buffalo Chicken Pizza</p>	<p>12 <b>Mama's Meatloaf w/ Dinner Roll</b> Mashed Potatoes &amp; Gravy Assorted Fruit Choice of Milk</p>	<p>13 <b>Beef &amp; Cheese Nachos</b> Refried Beans Assorted Fruit Choice of Milk</p>	<p>14 <b>General Tso's Chicken over Rice</b> Steamed Broccoli Assorted Fruit Choice of Milk</p>	<p>15 <b>Macaroni &amp; Cheese w/ Bacon!!! w/ Dinner Roll</b> Sweet Green Peas Assorted Fruit Choice of Milk</p>	<p>16 <b>BBQ Pork Riblet on Bun</b> Sweet Potato Tots Assorted Fruit Choice of Milk</p>
 <p><b>Grab &amp; Go</b></p> <p>A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!</p>	<p>19 <b>Buffalo Chicken Dip w/ Tortilla Chips</b> Oven Baked French Fries Assorted Fruit Choice of Milk</p>	<p>20 <b>Walking Beef Taco w/ Spanish Rice</b> Refried Beans Assorted Fruit Choice of Milk</p>	<p>21 <b>TAKE NUTRITION GLOBAL! Spanish Paella (Pie-A-ah)</b> Over Spanish Rice Spanish Style -Potato Tortilla</p>	<p>22 <b>Spaghetti w/ Meatballs &amp; Breadstick</b> Homestyle Green Beans Assorted Fruit Choice of Milk</p>	<p>23 <b>Chicken Philly Sandwich</b> Steamed Carrots Assorted Fruit Choice of Milk</p>
 <p><b>Options</b></p>	<p>26 <b>Grilled Chicken Sandwich- Buffalo or Plain</b> Mixed Vegetables Assorted Fruit Choice of Milk</p>	<p>27 <b>Sloppy Joe Nachos</b> Black Beans w/ Salsa Assorted Fruit Choice of Milk</p>	<p>28 <b>Popcorn Chicken Bowl w/ Mashed Potatoes &amp; Gravy &amp; Dinner Roll</b> Steamed Corn Assorted Fruit Choice of Milk</p>	<p>29 <b>*Halloween Treat</b> <b>Pepperoni Spirals w/ Dipping Sauce</b> Sweet Potato Tots Assorted Fruit Choice of Milk</p>	<p>30 <b>NO SCHOOL</b>  <b>Teacher In Service</b></p>

### The Deli

Made to order deli line available daily  
Assorted Wraps, deli meat, and assorted cheese.

### Accompaniments

\*Must take at least one 1/2 cup of fruit or vegetable

- \*Vegetables Include:**  
Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber
- \*Fruits include:**  
Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce

### Milk

**Milk Choices Offered Daily:**  
1% white, non-fat white, non-fat flavored

**Proud to manage your food service program**

**Lunch Prices: Paid \$2.85 Reduced \$4.00 Adult: \$3.60**

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