

WEEKLY ELEMENTARY BREAKFAST MENU

M O N

WG Pumpkin
Roll
Yogurt &
Cheese Stick
Cereal Variety
Apple Slices
Fresh Fruit
Low Fat & Fat
Free Milk

T U E

WG Cinnamon
Roll
Yogurt &
Cheese Stick
Cereal Variety
Orange Juice
Fresh Fruit
Low Fat & Fat
Free Milk

W E D

Breakfast Pizza
Yogurt &
Cheese Stick
Cereal Variety
Apple Juice
Fresh Fruit
Low Fat & Fat
Free Milk

T H U

WG Muffin
Yogurt &
Cheese Stick
Cereal Variety
Orange Slices
Fresh Fruit
Low Fat & Fat
Free Milk

F R I

Mini French
Toast
Yogurt
& Cheese Stick
Cereal Variety
Orange Juice
Fresh Fruit
Low Fat & Fat
Free Milk

Breakfast is now free!

MON

TUE

WED

THU

FRI

Bosco Sticks
Turkey Hoagie
Uncrustable Kit
Chef Salad
Frozen Juice Cup
Steamed Green Beans
Caesar Side Salad

3

Chicken Nuggets & Roll
Ham and Cheese on Roll
Muffin & Yogurt Pack
Hummus Flatbread Box
Apple Sauce Cup
Baby Carrots and Dip
Roasted Broccoli

4

YOM KIPPUR



5

Ham and Cheese Melt on
Pretzel Roll
Turkey Hoagie
Uncrustable Kit
Chef Salad
Peach Cup
Sweet Potato Fries
Fresh Side Salad

6

Personal Pan Pizza
Ham and Cheese on Roll
Muffin & Yogurt Pack
Hummus Flatbread Box
Variety of Fresh Fruit
Apple Slices
Cucumber Coins
Baked Beans

7



**NATIONAL SCHOOL
LUNCH WEEK**

10

French Toast Sticks
w/ Sausage
Hummus & Veggie Wrap
Muffin & Yogurt Pack
Chicken Caesar Salad
Orange Juice
Tater Tots
Baby Carrots and Dip

11

Mini WG Calzones
w/ Marinara
Italian Hoagie
Uncrustable Kit
Hummus Flatbread Box
Peach Cup
Chickpea Salad
Caesar Side Salad

12

GIVEAWAY!

Breaded Chicken Sandwich
Ham and Cheese on Club Roll
Muffin & Yogurt Pack
Chef Salad
Applesauce Cup
Pudding Cup
Cucumber Coins
Fresh Side Salad

13

Beef Totchos
Italian Hoagie
Uncrustable Kit
Hummus Flatbread Box
Orange Slices
Seasoned Corn
Salsa Cup

14

GIVEAWAY!

Pasta Alfredo
Turkey Hoagie
Uncrustable Kit
Chef Salad
Apple Slices
Celery Sticks and Dip
Caesar Side Salad

17

Grilled Cheese Sandwich
Ham and Cheese on Roll
Muffin & Yogurt Pack
Hummus Flatbread Box
Craisins
Fresh Side Salad
Baby Carrots and Dip

18

Personal Pan Pizza
Turkey Hoagie
Uncrustable Kit
Chef Salad
Apple Sauce Cup
Chickpea Salad
Caesar Side Salad

19

Meatball Sandwich
Ham and Cheese on Club Roll
Muffin & Yogurt Pack
Hummus Flatbread Box
Apple Slices
Steamed Green Beans
Baby Carrots and Dip

20

Chana Masala
Chicken Drumstick w/ Roll
Turkey Hoagie
Muffin & Yogurt Pack
Red Grapes
Lemon Rice
Fresh Side Salad

21



24

Pancakes and Omelette
Turkey Hoagie
Muffin & Yogurt Pack
Chicken Caesar Salad
Orange Juice
Celery Sticks and Dip
Potato Smiles

25

Chicken and Waffles
Hummus & Veggie Wrap
Uncrustable Kit
Chef Salad
Baked Cinnamon Apples
Apple Juice
Baby Carrots and Dip
Fresh Side Salad

26



Pizza Slice
Turkey Hoagie
Muffin & Yogurt Pack
Chicken Caesar Salad
Frozen Juice Cup
Celery Sticks and Dip
Broccoli Salad

27

All Beef Burger/Cheeseburger
Italian Hoagie
Uncrustable Kit
Hummus Flatbread Box
Fresh Grapes
Pineapple Cup
Cucumber Slices w/ Dip
Baked Beans

28

31 Bosco Sticks
Turkey Hoagie
Uncrustable Kit
Chef Salad
Frozen Juice Cup
Steamed Green Beans
Caesar Side Salad
Halloween Ice Cream Treat

Chicken Nuggets & Roll
Ham and Cheese on Roll
Muffin & Yogurt Pack
Chicken Caesar Salad
Hummus Flatbread Box
Apple Sauce Cup
Baby Carrots and Dip
Roasted Broccoli

1

Ham and Cheese Melt on
Pretzel Roll
Turkey Hoagie
Uncrustable Kit
Chef Salad
Peach Cup
Sweet Potato Fries
Fresh Side Salad

2

Spaghetti & Meatballs
Ham & Cheese on Roll
Muffin & Yogurt Kit
Chicken Caesar Salad
Hummus Flatbread Box
Raisins
Steamed Green Beans
Caesar Side Salad

3

Beef Hot Dog on Roll
Hummus & Veggie Wrap
Muffin & Yogurt Pack
Apple Slices
Cucumber Slices and Dip
Baked Beans

4



PA Harvest of the
Month: Apples



10/10-10/14
National School
Lunch Week



Farm to School
Month

Variety of fresh fruit and
milk offered daily.



Nutrition and allergen
information.

Lunch - \$2.75

 @ucfsdnutrition

USDA is an equal opportunity
provider and employer.
Menu subject to change.

OCTOBER

