

What's on the Menu?

Capac Elementary School – December 7 – January 8, 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		BREAKFAST		<i>Menu subject to change without notice</i>
Double Chocolate Chip Muffin w/String Cheese Fresh Apple 1% or Skim Milk	Mini Cinnis Apple Juice 1% or Skim Milk	Mini Blueberry Pancakes Banana 1% or Skim Milk	Apple Frudel Orange Juice 1% or Skim Milk	Frosted Strawberry Pop-Tart w/String Cheese Fresh Apple 1% or Skim Milk
Toasted Cheese Sandwich w/Tomato Soup Boston Baked Beans Cereal Fun Lunch Apple Cinnamon Cheerios, Cheese Stick, Goldfish Crackers & Strawberry Banana Yogurt	Bosco Breadsticks w/Marinara Sauce Seasoned Carrots Chicken Nuggets	Popcorn Chicken Seasoned Broccoli Dinner Roll Hot Ham & Cheddar Sandwich	Cheesy French Bread Pizza Savory Green Beans Mini Corn Dog Nuggets	WG French Toast Sticks Sausage Patties Oven Baked Tater Tots Chicken Caesar Salad w/Dinner Roll
NEW! Lasagna Roll Up Savory Green Beans Garlic Bread Classic Chicken Sandwich w/Cheese	Crispy WG Chicken Nuggets Oven Baked Tater Tots Dinner Roll Fun Lunch Apple Cinnamon Muffin, Strawberry/Banana Yogurt String Cheese	Turkey & Gravy w/Mashed Potatoes Seasoned Corn Dinner Roll Strawberry Parfait w/Granola	Stuffed Crust Pepperoni Pizza Steamed Carrots Turkey & Cheese Sub	Soft Beef Taco w/Shredded Lettuce, Shredded Cheddar Cheese & Salsa Mexicali Corn Bosco Breadsticks w/Marinara Sauce
HOLIDAY BREAK – DECEMBER 21 THRU JANUARY 1, 2021				
January 4, 2021 Sweet & Sour Chicken w/Brown Rice Seasoned Corn Mini Corn Dog Nuggets	Pancakes w/Sausage Patties Baked Tater Tots Mixed Greens Salad w/Cheese and Dinner Roll	Macaroni & Cheese Savory Green Beans Chicken Nuggets w/Dinner Roll	Classic Cheese Pizza Delicious Baked Beans Beef Hot Dog on a Bun	Popcorn Chicken w/Mashed Potatoes Seasoned Corn Shredded Cheddar Cheese Ham & Cheese Bagel Melt
Fresh Fruit & Vegetable Bar (Available Daily)				
Chilled Peaches Spinach & Romaine Salad	Fresh Red Grapes Fresh Baby Carrots	Chilled Diced Pears Spinach & Romaine Salad	Chilled Fruit Cocktail Fresh Grape Tomatoes	Strawberries Spinach & Romaine Salad

A full student lunch includes a choice of entree supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice milk
**Grades K-8 may take up to 3/4 cup of vegetables daily if desired.

All breakfast & lunches for students are free.



SMART

These foods will help:

Citrus Fruit Vitamin C - for healthy skin, hair and nails
Improves memory, focus

Eggs & Choline - cognitive performance



FEED YOUR MOOD.