

October 2024 Stark County Elementary School Menu

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| <p>Breakfast is served every day from 7:30-8:00 am Ketchup, Mustard, Ranch and Dressing, and BBQ Sauce are Offered Menu is Subject to Change 1% White, Strawberry, Chocolate Milk are offered at all meals A Plant Based Meal is offered.</p> | <p>1 Tuesday WG Muffin, 28 gm, WG Cereal, Fruit, Juice</p> <p>WG Bun 28 gm, BBQ Rib 8 gm or <u>WG PB&J, Cheese Stick, WG Chips, Baked Beans 28 gm, Peaches 14 gm</u> Fresh Fruit and Veggie</p> | <p>2 Wednesday WG Poptart, WG Cereal, Fruit, Juice</p> <p>WG Bun 22 gm, Hot Dog 2 gm or Chili Dog 4 gm or <u>Yogurt, Cheese Stick, WG Bar, Green Beans 4 gm</u> Pears 16 gm, Fresh Fruit and Veggies</p> | <p>3 Thursday WG Bagel 38 gm, Cream Cheese 1 gm, WG Cereal, Fruit, Juice</p> <p>WG Bun 28 gm, Bacon Cheeseburger 3gm)or <u>WG PB & J, Cheese Stick, WG Chips, Oven Fries 22 gm, Tropical Fruit 22 g, Fresh Fruit and Veggies</u></p> | <p>4 Friday WG Cereal, WG French Toast Sticks 38 gm, Syrup 20 gm, Fruit, Juice</p> <p>Taco in a Bag 22 gm (WG Chips, Taco Meat Shredded Cheese) or <u>Yogurt, Cheese Stick, WG Bar, Romaine 1.5g, Salsa 8 gm, Pineapple 17 gm, WG Churro 28 gm, Fresh Fruit and Veggies</u></p> |
| <p>7 Monday WG Cereal, WG Pancakes, Syrup 20 gm, Fruit, Juice</p> <p>WG Bosco Stick 25 gm, Beef Ravioli 36 gm or <u>Yogurt, Cheese Stick, WG Bar, Peas 11 gm, Carrots 6 gm, Pears 16 gm</u>, Fresh Fruit and Veggies,</p> | <p>8 Tuesday WG Cereal, WG English Muffin 21 gm Egg Patty 1 gm Cheese Slice 2 gm, Fruit, Juice</p> <p>WG Bun 28 gm Tenderloin 14 gm or <u>WG PB & J, Cheese Stick, WG Chips, Hot Apple Slice 21.92 gm, Broccoli w/ Cheese 10 gm, Fresh Fruit and Veggies</u></p> | <p>9 Wednesday WG Cereal, Breakfast Bar 47 gm, Fruit, Juice</p> <p>WG Bun 22 gm, Meatballs, Shredded Cheese 3 gm, or <u>Yogurt, Cheese Stick, WG Bar, Green Beans 4 gm, Mixed Fruit 17 gm, Fresh Fruit and Veggies</u></p> | <p>10 Thursday WG Cereal, WG Pumpkin Bread 44 gm, Yogurt, Fruit, Juice</p> <p>Ham Horseshoe (Sliced Ham, WG Toast, Cheese Sauce) or <u>WG PB & J, Cheese Stick, WG Chips, Oven Fries 22 gm Pineapple 17 gm</u> Fresh Fruit and Veggies</p> | <p>11 Friday WG Cereal, Biscuit 26 gm, Sausage and Gravy 8 gm, Juice, Fruit</p> <p>WG Multi Cheese Garlic Bread 29 gm, Marinara Sauce 7 gm or <u>WG Bar, Yogurt, Cheese Stick, Romaine 1.5 g, Cinnamon Applesauce 26 gm</u> WG Cookie 17 gm, Fresh Fruit and Veggies</p> |
| <p>14 Monday WG Cereal, WG Breakfast Pizza 22 gm, Fruit, Juice</p> <p>Totchos (Tater Tots, Taco Meat, Cheese Sauce) WG Chips or <u>Yogurt, Cheese Stick, WG Bar, Refried Beans 24 gm, Salsa 8 gm, Mandarin Oranges 17 gm, Fresh Fruit and Veggies</u></p> | <p>15 Tuesday WG Cereal, WG Waffle 12 gm, Syrup 20 gm, Fruit, Juice</p> <p>WG Roll, Pasta Dinner or <u>WG PB & J, Cheese Stick, WG Chips, Green Beans 4 gm, Pears 16 gm, Fresh Fruit and Veggies</u></p> | <p>16 Wednesday WG Cereal, WG Mini Chocolate Donuts 41 gm, Fruit, Juice</p> <p>WG Bun 28 gm, WG Chicken Patty 16 gm or <u>Yogurt, Cheese Stick, WG Bar, Sweet Potato Fries 23 gm, Pineapple 17 gm, Fresh Fruit and Veggies</u></p> | <p>17 Thursday WG Cereal, Cinnamon Roll 42 gm, Fruit, Juice</p> <p>WG Pizza or <u>WG PB & J, Cheese Stick, WG Chips, Romaine 1.5 gm Cinnamon Applesauce 26 gm, Fresh Fruit and Veggies</u></p> | <p>18 Friday NO SCHOOL</p> |

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| <p>21 Monday WG Cereal, WG Pigs in a Blanket 15 gm, Syrup 20 gm, Fruit, Juice</p> <p>WG Roll 15 gm, WG Chicken Stripes, Sweet and Sour Sauce, or <u>Yogurt, Cheese Stick, WG Bar</u> WG Chicken Rice, Broccoli w/ Cheese 10 gm, Mandarin Oranges 17 gm, Fresh Fruit and Veggies</p> | <p>22 Tuesday WG Cereal, WG Mini Cinnamon and Sugar Donuts 20 gm, Juice, Fruit</p> <p>WG Chili Crisпитos 46 gm or <u>WG PB & J, Cheese Stick, WG Chips, Refried Beans 24 gm, Salsa 8 gm, Pears 16g, Fresh Fruit and Veggies</u></p> | <p>23 Wednesday WG Cereal, WG Pancake Bites 37 gm, Syrup 20 gm, , Fruit, Juice</p> <p>WG Corn Dog 30 gm or <u>Yogurt, Cheese Stick, WG Bar</u> Baked Beans 26 gm, Sweet Potato Fries 223 gm, Peaches 14 gm, Fresh Fruit and Veggies</p> | <p>24 Thursday WG Cereal, WG Breakfast Bites Apple Donut 38 gm, Fruit, Juice</p> <p>WG Pretzel 30 gm, Cheese Sauce, Chicken Noodle Soup 6 gm or <u>WG PB & J, Cheese Stick, WG Chips, Corn,16 gm, Tropical Fruit 22 gm, Fresh Fruit and Veggies</u></p> | <p>25 Friday WG Croissant 29 gm, Egg Patty 1 gm, Sausage Patty 1 gm, Cheese Slice 2 gm, WG Cereal, Fruit, Juice</p> <p>WG Pizza Sticks 48 gm Marinara Sauce 7 gm or <u>Yogurt, Cheese Stick, WG Bar</u> Green Beans 4 gm, Rosy Applesauce 26 gm Bavarian Creme Dessert 10 gm, Fresh Fruit and Veggies</p> |
| <p>28 Monday WG Toast 14 gm, Jelly 9 gm, Cheese Omelet 2 gm, WG Cereal, Fruit, Juice</p> <p>WG Bun 28 gm, Maid Rite or <u>Yogurt, Cheese, WG Bar</u> Green Beans 4 gm, Mandarin Oranges 17 gm, Fresh Fruit and Veggies</p> | <p>29 Tuesday WG Cereal, WB Breakfast Bun 40 gm, Fruit, Juice</p> <p>WG Toasted Cheese 30 gm, Chili, Crackers or <u>WG PB & J, Cheese Stick, WG Chips</u> Romaine 1.5 gm, Peaches 14 gm, Fresh Fruit and Veggies</p> | <p>30 Wednesday WG Biscuit 26 gm, Sausage and Gravy 8 gm, WG Cereal, Fruit, Juice</p> <p>Early Dismissal at 11:00 Sack Lunch to take home WG PB & J, WG Chips, Fresh Fruit and Veggies</p> <p>Cereal- Marsh Matey-22g Honey graham 22g, Cinn toaster 24 gm Juice- apple 13 g, grape 19g, oj 13 g, Fruit punch 14 g, Poptart-Cinn 73g, Blueberry-72g, Strawberry-75 g</p> | <p>31 Thursday WG Cereal,(Spooky Donut) WG Long John 33 gm, Fruit, Juice</p> <p>WG Roll 15 gm, WG Chicken Nuggets, or <u>WG PB & J, Cheese Stick, WG Chips</u> Mashed Potatoes, Gravy, Rosy Applesauce 22 gm, Fresh Fruit and Veggies</p> | <p>Our Breakfast is Offer vs. Serve. Children can pick 3 out of 4 items as long as 1 of the items is ½ cup of fruit or juice.</p> <p>Our Lunches are Offer vs. Serve. Children can pick 3 out 5 Meal Groups (Meat/Meat Alternative Fruit, Grain, Vegetables, Milk. As long as the Child has ½ cup of fruit or vegetable with 2 other components on their tray.</p> |