



FCPS Elementary Menus

♥**Available Daily Lunch:** Chef Salad –M, T,W, F; Fruit Plate Thr
1% & skim white milk, skim flavored milk; tossed salad; 2 fresh & 2
canned or frozen fruits. Daily entrée options include yogurt w/graham
crackers and Peanut Butter Uncrustable** (unless peanut limited school)

♥**Available at Breakfast:** Cereal & Toast, 1% & skim milk, 100% juice
g= grams of carbohydrates; (V) = vegetarian; (P) = may contain pork;
UG = ultra (whole) grain; WW = whole wheat WG =whole grain
Menus are subject to change without notice.

Colors correspond with Calendar*

Breakfast menu in **Bold**

* See Cafeteria Manager for carbohydrate count

♥See Above		Week 1		
W G Mini Cinnis (40g) or French Toast Sticks (28g) Spaghetti w/Meatsauce (43g) Pork Choppette/ UG Bun (49g) Italian Blend Vegetables (8g) Carrots (3g) with dip	Sausage Biscuit (31g) or 2 Muffins (46g) Hamburger on UG Bun (33g) Turkey Ranch Wrap (22g) Oven Fries (21g) Calif. Blend Vegetables (4g) Calico Bean Salad (17g)	WG Mini Pancakes (34g) or Yogurt (20g)/Grahams (16g) Chicken Nuggets (6g)/WW Roll* BBQ Rib on UG Bun (46g) Green Beans (3g) Macaroni & Cheese (15g) Coleslaw (5g)	Breakfast Pizza (23-26g) Or Snack 'n Waffles (35g) Toasted Cheese (V) /Soup* Mini Ham s/w (32g) /Soup* Steamed Broccoli (3g) Veggie Dippers (7g) Brownie (23g)	Scrambled Eggs (2g)/ Toast (12g) Or WG Pop-tart (34g)/ Toast (12g) Pizza (Ch 36g (V)/Pep 35g /Ssg 32g) Fish Nuggets(18g) with Corn Muffin (38g) Mixed Greens (4g) Seasoned Corn (16g)
♥See Above		Week 2		
WG Cinnamania (36-37g) Or Muffin(23g)w/String Cheese (1g) Chicken Pattie on UG Bun (44g) Fiesta Mac (32g) or Lasagna (20g) Breadstick (26g) Green Beans (3g) Baby Carrots (3g) w/dip	Chicken (6g) Biscuit (31g) Or Waffle Sticks (28g) Hot Dog or Chili Dog (28g) Turkey w/Gravy (6g) WWRoll* Whipped Potatoes (15g) Mixed Vegetables (12g)	Breakfast Pizza (23-26g) WG Frudel (36g) Taco Max Snacks (56g) Grilled Chicken/UG Bun ((35g) Layered Salsa Beans (15g) Lettuce Spinach Salad (1g) Cookie*	Yogurt (20g) Parfait* W G Pancake on a Stick (24g) <i>Breakfast for Lunch!</i> French Toast(26g)/Sausage(0g) Cheese Quesadilla (33g) Potato Rounds (18g) Baked Apples(24g)/Juice(14-16g)	Scrambled Eggs(2g)/Toast(12g) Pancake Sandwich (29g) Pizza Wedge (Ch 43g (V)/Pep 48g) Oriental Chicken*/Rice (21g) Seasoned Corn (16g) Mandarin Spinach Salad (20g)
♥See Above		Week 3		
WG Mini Cinnis (40g) or French Toast Sticks (28g) Pizzas (28g) Turkey Sub Sandwich (32g) Glazed Carrots (11g) Steamed Peas (12g)	Sausage Biscuit (31g) or 2 Muffins (46g) Popcorn Chicken (13g) WW Roll" 3 Cheese Round (45g) (V) Rice & Black Beans (19g) Green Beans (3g)	W G Mini Pancakes (34g) or Yogurt (20g)/Grahams (16g) Mini Hamburgers (34g) Tetrizzini (21g) WW Roll " Oven Fries (21g) Steamed Broccoli (3g) Pudding w/topping (18g)	Breakfast Pizza* Or Snack 'n Waffles (35g) Crispy Chicken (7g)/WW Roll* BBQ Pork on Bun (56g) Chili (after Oct 1) (25g) Mini Bakers (15g) Mixed Vegetables (12g)	Scrambled Eggs (2g)/ Toast (12g) Or WG Pop-tart (34g)/ Toast (12g) Pizza (Ch 36g/Pep 35g /Ssg 32g) Meatloaf (6g) & WW Roll * Seasoned Corn (16g) Veggie Dippers (7g)
♥See Above		Week 4		
W G Cinnamania (36-37g) Or Muffin(23g)w/String Cheese (1g) Steak Fingers (17g) WW Roll * Ham & Cheese S/W (35g) Green Beans (3g) Whipped Potatoes (15g)	Chicken (6g) Biscuit (31g) Or Waffle Sticks (28g) Taco Nachos (40g) Grilled Chicken /UG Bun (35g) Fiesta Rice (22g) Peas & Carrots (6g)	Breakfast Pizza (23-26g) W G Frudel (36g) Chicken Strips (10g) w/WW Roll Ravioli Bake(42g)Breadstick(26g) Potato Choice* Tomato Cucumber Salad (4g)	Yogurt (20g) Parfait* W G Pancake on a Stick (24g) WG Corn Dog (29g) Turkey on UG Bun (35g) Baked Beans (18g) Veggie Dippers (7g) Cookie"	Scrambled Eggs(2g)/Toast (12g) Pancake Sandwich (29g) Pizza Wedge (Ch 43g (V)/Pep 48g) Fish Sticks / WW Roll* Seasoned Corn (16g) Mandarin Spinach Salad (20g)

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