

**Myrtle Creek
Elementary Menu
November 2024**

<p>Everyday Breakfast Choices</p> <p>Bagel w/Cream, Oatmeal, Cold Cereal, Fruit and 1% White Milk or Skim White Milk (Toast or string cheese offered daily with cereal) Students must choose 3 of 4 Breakfast Items 1 MUST BE FRUIT, A Minimum of a ½ cup</p>	<p>Everyday Lunch Choices Subs, Sandwiches & Wraps</p> <p>*Mon: Ham & Cheese Sandwich *Tues: <i>American Sub</i> *Wed: Italian Sub *Thurs: Crispy Chicken Wrap *Fri: Egg Salad Sandwich</p> <p>*Everyday: PB&J Sandwich</p>
<p>Everyday Options:</p> <p>Monday: Cheeseburger or Veggie Burger (v) on WG Bun Tuesday: Chicken Nuggets w/WW Roll Wednesday: Oven Baked Corn Dog Thursday: Oven Baked Chicken Burger Friday: Scratch Made Pepperoni or Cheese Pizza</p>	<p>Daily Offering Bar Features: Salad Offered Daily Fresh & Canned Fruits & Vegetables</p>

Breakfast and lunch are available at No Charge to Students

Daily Offering Bar Features: fresh & canned fruits & vegetables daily 1% white milk or fat free chocolate milk. All grains offered are whole grain.

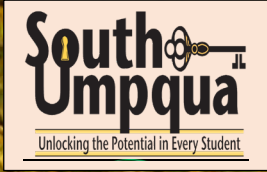
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4	5	6	8	
<p>Breakfast: Waffles, Mini Maple (v)</p> <p>Lunch: Bean and Cheese Burrito Offered With: - Thick & Chunky Salsa (v)</p>	<p>Breakfast: Cheese Omelet w/Toast(v)</p> <p>Lunch: EZ Pizza Bento Lunch Box</p>	<p>Breakfast: Ham & Cheese Muffin</p> <p>Lunch: Pretzel and Cheese Sauce (v)</p>	<p>Breakfast: Breakfast Protein Power Up Pack</p> <p>Lunch: Spaghetti & Meat sauce W/ WG Roll</p>	<p>Breakfast: Blueberry Muffin Squares (v) Lunch: Sloppy Joe w/Fries</p> <p>Breakfast: Yogurt Cup w/Honey Graham Crackers (v) Lunch: Big City Bites- Teriyaki Chicken Brown Rice Bowl w/Broccoli</p>
Veterans Day NO SCHOOL 11	12	13	15	
	<p>Breakfast: Tony's Sausage Breakfast Pizza</p> <p>Lunch: Southwest Soft Taco Offered With: - Tomato and Shredded Lettuce Salad</p>	<p>Breakfast: Cheesy Egg, Ham & Potato Breakfast Bowl w/Toast</p> <p>Lunch: Popcorn Chicken Bowl Offered With: - Garlic Knot Breadstick</p>	<p>Breakfast: Lunch: Sausage and Egg Breakfast Burrito</p> <p>Lunch: Cheese Quesadilla (v)</p>	<p>Breakfast: Whole Grain Cinnamon Roll with Icing (v)</p> <p>Lunch: Chicken & Waffles W/Syrup</p>
18	19	20	22	
<p>Breakfast: Sausage Pancake on a Stick</p> <p>Lunch: Texas Frito Chili Pie</p>	<p>Breakfast: BeneFIT Bar</p> <p>Lunch: Beefy Macaroni w/ WG Roll</p>	<p>Breakfast: Biscuit w/ Sausage Gravy</p> <p>Lunch: Bean & Cheese Nachos (v)</p>	<p>Breakfast: Pancakes & Scrambled Eggs</p> <p>Lunch: Turkey Gravy over Mashed Potatoes offered with Stuffing & WG Roll</p>	<p>Breakfast: Banana Muffin Top</p> <p>Lunch: Cheesy Breadsticks w/Marinara (v)</p>
25	26	27	29	
				

This institution is an equal opportunity provider.



Menu subject to change





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