



**Myrtle Creek
Elementary Menu
December 2024**

Everyday Breakfast Choices

Bagel w/Cream Cheese, Variety of Grab and Go, 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

**Everyday Lunch Choices
Subs, Sandwiches & Wraps**

*Mon: Ham & Cheese Sandwich *Tues: *American Sub*
*Wed: Italian Sub *Thurs: Turkey & Cheese Sandwich
*Fri: Egg Salad Sandwich
***Everyday: PB&J Sandwich**

Everyday Options

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

Daily Offering Bar Features: fresh & canned fruits & vegetables daily 1% white milk or fat free chocolate milk. All grains offered are whole grain.
Breakfast and lunch are available at No Charge to Students
Lunch: Students must choose 3 of the 5 components & 1 Must be a ½ cup of Fruit or Vegetable
(v)=Vegetarian

2	3	4	5	6
Breakfast: Waffles Offered With: - Fruit Compote (v) Lunch: Marinara Meatball Sub Featured side: Tomato & Cucumber Salad(v)	Breakfast: Strawberry Yogurt Cup Offered With: - Honey Graham Crackers (v) Lunch: Southwest Soft Taco Featured side: Seasoned Black Beans(v)	Breakfast: Cheesy Egg, Ham & Potato Breakfast Bowl Lunch: Crispy Sweet & Sour Chicken Rice Bowl Featured Side: Roasted Broccoli(v)	Breakfast: Breakfast Protein Power Up Pack Lunch: Mozzarella Stuffed Breadsticks (v) Featured side: Parmesan Green Beans(v)	Breakfast: Whole Grain Cinnamon Roll with Icing (v) Lunch: Sloppy Joe Featured side: Cheesy Mashed Potatoes(v)
9	10	11	12	13
Breakfast: Oatmeal Chocolate Chip BeneFIT Bar (v) Lunch: Bean Cheese Enchilada with Red sauce (v) Featured side: Roasted Mexican Seasoned Corn(v)	Breakfast: Buttery Maple Waffle Offered With: - Syrup (v) Lunch: EZ Pizza Bento Lunch Box Featured side: Roasted Chickpeas(v)	Breakfast: BYO Pancake Bar (v) Lunch: Rainbow Chili with Chips(v) Featured side: Garden Salad(v)	Breakfast: Breakfast Banana Split (v) Lunch: Cheesy lasagna Roll with WG Roll (v) Featured side: Mixed Garden Vegetables(v)	Breakfast: Cranberry Peach Muffin Square (v) Lunch: Glazed Chicken Drumstick Featured side: Cheesy Corn Casserole(v)
16	17	18	19	20
Breakfast: French Toast Sticks Offered With: -Syrup (v) Lunch: Korean BBQ Meatballs Over Steamed Brown Rice Featured side: Roasted Broccoli(v)	Breakfast: Tony's Sausage Breakfast Pizza Lunch: Pulled Pork Sandwich Featured side: Baked Beans (v)	Breakfast: Breakfast on a Stick Lunch: Creamy Chicken Alfredo over Penne Featured side: Parmesan Green Beans (v)	Breakfast: Sausage and Egg Breakfast Burrito Lunch: Cheese Quesadilla (v) w/ Shredded lettuce and Tomatoes Featured side: Spanish Rice	Breakfast: Cinnamon & Sugar Donut (v) Lunch: Hot Dog Featured side: Crinkle cut fries(v)
23	24	25	26	27
holiday break	holiday break	holiday break	holiday break	holiday break
30	31	January 2025 1	2	3
holiday break	holiday break	holiday break	holiday break	holiday break

This institution is an equal opportunity provider.



Menu subject to change



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