

Menu Subject to change
due to availability

All Meals Served with Choice of Skim, 1%,
or Skim Chocolate Milk

September 2017

Sauk Prairie Elementary Menu Carbohydrate Count

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	5 Cheeseburger On a Whole Grain Bun (20) Sweet Potato Fries (17) Garden Salad Bar (~2) Pineapple Tidbits (16)	6 Mini Corn Dogs (33) Baked Beans (30) Garden Salad Bar (~2) Pears (14) Banana Snack Cake (~26)	7 Cheese Pizza Round (43) Green Beans (4) Garden Salad Bar (~2) Banana (17)	8 Fish Nuggets (22) Dinner Roll (20) Steamed Peas (11) Garden Salad Bar (~2) Red & Green Grapes (14)
11 Super Nachos (3) Corn Tortilla Chips (19) Black Beans (20) Steamed Corn (13) Veggie Toppings (~2) Strawberry Cup (22)	12 Chicken Patty (14) On a Whole Grain Bun (20) Curly Fries (23) Garden Salad Bar (~2) Pineapple (16)	13 Deli Turkey Sub On a Hoagie Bun (30) Garden Salad Bar (~2) Apple (8) Baked Lay's Chips (26)	14 Chicken Poppers (16) Honey Biscuit (32) Garden Salad Bar (~2) Orange Wedges (10)	15 Pizza Dippers (34) With Marinara Sauce (7) Garden Salad Bar (~2) Peaches (12) School Made Sugar Cookie (~20)
18 Mini Pancakes (39) Cheesy Omelet Seasoned Potatoes (25) Carrots (6) Applesauce (22)	19 Turkey Hot Dog On a Whole Grain Bun (27) Baked Beans (30) Apple Slices (8) School Made Brownie (~18)	20 Pepperoni Pizza (35) Green Beans (4) Garden Salad Bar (~2) Pear Slices (16)	21 Chicken & Gravy over Mashed Potatoes (~10) Dinner Roll (15) Steamed Broccoli (1) Strawberries & Banana Halves (~11)	22 Whole Wheat Pasta (38) With Meatballs (3) & Marinara (14) Bread Stick (15) Garden Salad Bar (~2) Pineapple (16)
25 Yang's Orange Chicken (19) Steamed Brown Rice (23) Broccoli Florets (1) Cucumber & Radish (1) Tropical Fruit Mix (~16)	26 Beef Taco (4) Shell (21) Assorted Veggie Toppings (~2) Cheesy Pinto Beans (20) Orange Wedges (10) Pumpkin Bar (36)	27 Italian Mozzarella Sticks (31) With Marinara Sauce (7) Garden Salad Bar (~2) Peach Slices (12)	28 Chicken Noodle Soup (18) Dinner Roll (20) Cheddar Cheese Cubes (1) Garden Salad Bar (~2) Banana (17)	29 Hot Ham & Cheese (20) Potato Wedges (15) with Dipping Sauce (1) Garden Salad Bar (~2) Craisins (28)

This institution is an equal opportunity provider.

BREAKFAST MENU→

September 2017

Sauk Prairie Elementary Breakfast Menu - Carb Count

Join us for breakfast every morning for healthy, well-balanced options.

Breakfast includes entrée, fruit, juice, and milk.

\$1.65 Elementary (7:30-8:00) depending on your school

Monday	Tuesday	Wednesday	Thursday	Friday
Cheesy Egg Filled Bosco Stick (17) Fruit (~5), Juice (14),	Mini Cinnis (37) Fruit (~15), Juice (14)	Sausage Breakfast Pizza (26) Fruit (~15), Juice (14)	Turkey Pancake Wrap (17) Fruit (~15), Juice (14)	Warm Oatmeal-Chocolate Chip Breakfast Round (44) Fruit (~15), Juice (14)

Cold Breakfast Option

See package for carb count details

Cereal: Trix (reduced sugar), Golden Grahams, & Apple Cinnamon or Multigrain Cheerios

Yogurt or String Cheese

Juice & Fruit

Milk

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