



West Elk Jr/Sr High Menus



Breakfast 2010

Monday


Tuesday

Wednesday

Thursday

Friday

3 Long John Cereal/Yogurt Fruit/Fruit Juice	4 Muffin Cereal/Yogurt Fruit/Fruit Juice	5 Biscuit Egg Patty & Sausage Patty Cereal choice Fruit/Fruit Juice	6 Cinnamon Pastry Yogurt choice Fruit/Fruit Juice	7 Breakfast Pizza Cereal choice Fruit/Fruit Juice
10 Pancakes Sausage Links Fruit/Fruit Juice	11 Cinnamon Toast Ham Patty Hashbrown Applesauce, Juice	12 Glazed Donut Cereal/Yogurt Fruit/Fruit Juice	13 Biscuits w/Sausage gravy Fruit/Fruit Juice	14 French Toast Lil' Smokies Fruit/Fruit Juice
17 Muffin Cereal/Yogurt Fruit/Fruit Juice	18 Breakfast Combo Bar w/Toast Cereal choice Frozen Fruit Medley	19 Pancake on a stick Cereal choice Fruit/Fruit Juice	20 English Muffin Ham & Cheese Cereal choice Fruit/Fruit Juice	21 Breakfast Pizza Cereal choice Fruit/Fruit Juice
24 Pizza Bagel Cereal choice Fruit/Fruit Juice	25 Last Day of School Pancake on a stick Cereal choice Fruit/Fruit Juice	26	27	28
31	Lunches 2010			

3 Country Fried Steak Potatoes & Gravy Green Beans Pineapple Roll	4 Pork Rib/Bun Tater Tots Peas, Coleslaw Peaches Graham Crackers	5 Cavatini Pasta Tossed Salad Green Beans Pears Mozzarella Breadstick	6 Hamburger/Bun Pickle/Onion/Cheese French Fries Baked Beans Strawberries/gelatin Cookie	7 Deli Sandwich Potato Salad Baby Carrots Snack Chips Fresh Fruit
10 Corn Dog Spicy Fries Veggie Dippers Applesauce Vanilla Wafers	11 Turkey Fritter Potatoes & Gravy Green Beans Pears, Roll	12 Chicken Tenders Broccoli & Cheezy Rice Peas, Peaches Biscuit Pudding cup	13 Tacos lettuce/tomato/cheese Refried Beans Fiesta Rice Fruit Pizza	14 Super Salad Bar Popcorn Chicken Cottage Cheese Peaches/Pineapple Soft Pretzel
17 Fried Chicken Drums, Potatoes & Gravy, Tomatoes, Cucumbers, Corn Applesauce, Roll	18 Pizza Sandwich w/Marinara Dip Potato Salad Peas or Carrots Peaches, Elf Grahams	19 Quesadillas w/salsa & sour cream, Corn Fiesta Rice Tossed Salad Pineapple	20 Chicken Nuggets Macaroni & Cheese Green Beans Strawberries/Cake	21 Hot Dogs/w Chili & Bun Snack Chips Baby Carrots Apple Slices Rice Krispy Bar
24 Chicken Patty/Bun Tater Tots Carrots & Cucumbers Pineapple Brownie	25 Last Day of School Pizza, Corn Tossed Salad Applesauce Cookie	26	27	28
31			Have a safe & fun summer vacation!	

USD#282 operates under the Child Nutrition Program, a part of USDA. At each meal, a student will be offered items from these five categories: meat, grains, fruit, vegetable, & milk. A student must select, at the least, 3 items from different groups to comprise a reimbursable meal in this program. This institution is an equal opportunity provider.
Menus are subject to change.