



## Springfield Elementary

### 2019 K-5 Lunch Menu

Each menu is subject to change without notice based on vendor deliveries and/or product availability

**“This institution is an equal opportunity provider.”**

- ✓ USDA requires five components to be offered to all students at lunch:
  - 2oz Meat/Meat Alternate, 1oz Grain, Fruit, Vegetable and choice of 8oz milk
- ✓ Students must choose at least **three** items, one of which must be a **fruit** or **vegetable**.
- ✓ Fresh fruit, 100% fruit juice, and a variety of milk are offered at every lunch.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Chicken Sandwich Or Turkey & Cheese Lunchable French Fries Cucumbers w/ Dip Fruit	29 Teriyaki Wings Or Ham & Cheese on Brioche Fried Rice Carrots Egg Roll Cool Rips Fruit Slush	30 Pizza Or Yogurt Plate Salad Bar Corn Fruit	31 <b>Happy Halloween</b> Bat Shaped Chicken Nuggets Or Grilled Cheese Salad Bar Parmesan Noodles Fruit	1 Reading Celebration Bag Lunch – Corn Dog Chips Fruit Cookie
4 Hot Dog w/ Chili Or Turkey & Cheese Lunchable Baked Beans Corn Fresh Veggies w/ Dip Fruit	5 Scrambled Eggs & Bacon Or Ham & Cheese on Brioche Pancakes Orange Juice Fruit	6 Cheesy Chicken Pasta Or Yogurt Plate Broccoli Salad Bar Yeast Roll Cool Rips Fruit Slush	7 Pizza Or Grilled Cheese Salad Bar Sweet Potato Fries Fruit	8 Oven Fried Chicken Or Grilled Chicken Sandwich Mashed Potatoes w/ Gravy Black Eyed Peas Dinner Roll Fruit
11 BBQ Chicken Or Turkey & Cheese Lunchable French Fries Cole Slaw Fresh Veggies w/ Dip Cool Rips Fruit Slush	12 Orange Chicken Or Ham & Cheese on Brioche LoMein Noodles Steamed Vegetables Egg Roll Fruit	13 <b>Early Release Day</b> Steak & Cheese Sub Chips Fruit	14 Corn Dog Or Grilled Cheese Salad Bar Corn on the Cob Fruit	15 Chicken Nuggets Or Grilled Chicken Sandwich Macaroni & Cheese Green Beans Yeast Roll Fruit
18 Cheeseburger Or Turkey & Cheese Lunchable French Fries Corn Celery Sticks w/ Dip Fruit	19 Cheese Ravioli Or Ham & Cheese on Brioche Fresh Squash Lima Beans Garlic Bread Fruit	20 Family Thanksgiving K5 - 2 Oven Roasted Turkey Dressing w/ Gravy Sweet Potato Casserole Green Beans Yeast Roll Fruit <small>*3<sup>rd</sup> – 5<sup>th</sup> grade will have bag lunch</small>	21 Family Thanksgiving 3-5 Oven Roasted Turkey Dressing w/ Gravy Sweet Potato Casserole Green Beans Yeast Roll Fruit <small>*K5 - 2<sup>nd</sup> grade will have bag lunch</small>	22 Vegetable Soup w/ Grilled Cheese Or Grilled Chicken Sandwich Salad Bar Fruit
25 Chicken Sandwich Or Turkey & Cheese Lunchable French Fries Cucumbers w/ Dip Fruit	26 Teriyaki Wings Or Ham & Cheese on Brioche Fried Rice Carrots Egg Roll Cool Rips Fruit Slush	27 <b>No School</b>	28 <b>HAPPY</b>  <b>THANKSGIVING</b>	29 <b>DID YOU KNOW?</b> All enrolled students in GWD50 receive one breakfast and one lunch each day at no cost! Please come and join us each day for a delicious meal! Thank you and we look forward to seeing you!

### BREAKFAST CHANGES LIVES

HOW?

#### KIDS WHO EAT SCHOOL BREAKFAST...

MISS LESS SCHOOL



DO BETTER IN MATH:



MORE ATTENDANCE + HIGHER MATH SCORES =

20% more likely to graduate high school

AND KIDS WHO EAT BREAKFAST REAP THE BENEFITS AS ADULTS, TOO:

High school graduates on average earn \$10,000 more annually

Less likely to experience HUNGER as adults

### BUT HERE'S THE PROBLEM

NOT ENOUGH KIDS ARE EATING SCHOOL BREAKFAST.

21 MILLION U.S. kids get free or reduced-price school lunch

Only 1/2 of those kids get breakfast, even though they're eligible

Too many kids are showing up to school hungry. And hungry kids can't learn.

### BREAKFAST CAN CHANGE THEIR LIVES

No Kid Hungry starts with breakfast

Learn how you can help at [NoKidHungry.org/Breakfast](http://NoKidHungry.org/Breakfast)

