

South Hancock Elementary School Lunch & Breakfast Menu

January-May 2022

2021 - 2022 School Year

LUNCH - Week 1						
Monday	Tuesday	Wednesday	Thursday	Friday	WG Corn Dog OR Hot Dog on WG Bun	WG Chicken Leg
					Potato Smiles	Mashed Potatoes
					Fruit	Green Beans
					Milk Choice	Biscuit
						Baked Apples
	Milk Choice					
					Chicken, Queso Cheese & Rice OR Cheese Quesadilla, Salsa	Boneless Wings
					Refried Beans, Chips	Waffle Fries
					Fruit, Milk Choice	Broccoli & Cheese
						WG Bread Slice
						Sliced Peaches
						Milk Choice
						Chili OR Chicken Noodle Soup
						Cheesy Bread
						Cooked Carrots
						Dessert, Fruit
						Milk Choice
					Serving Dates:	
					January 3-7, 18-21, 31	
					February 1-4, 14-18, 28	
					March 1-4, 14-18, 28-31	
					April 1, 18-22	
					May 2-6, 16-20	

LUNCH - Week 2						
Monday	Tuesday	Wednesday	Thursday	Friday	"Breakfast"	"Walking Tacos"
					Scrambled Eggs & Sausage	Taco Meat, Cheese
					Hashbrowns	WG Doritos/Tostitos
					Biscuit & Gravy	Black Beans & Salsa
					Applesauce & Milk	Fresh Fruit, Dessert
					Cheeseburger / Hamburger WG Bun	Spaghetti
					French Fries	Cheese Cup
					Pickle, Lettuce, Tomato	Side Salad
					Pineapple, Veggie Cup	Bread
					Milk Choice	Fruit
						Milk Choice
						"Square" Pizza
						Fresh Side Salad
						Corn
						Fruit Slushie
						Milk Choice
					Serving Dates:	
					January 10-14, 24-28	
					February 7-11, 22-25	
					March 7-11, 21-25	
					April 11-15, 25-29	
					May 9-13, 23-25	

OFFER vs SERVE
The Five Meal Components for School Lunch

Choose **at least 3** including:

- ½ Cup of Fruits or Vegetables
- At Least 2 Other Food Groups

For best nutrition, **choose all 5**

HEALTHY

You may put money in your child's meal account for extras by going to your Parent Portal account and using a debit/credit card. Of course, you can also send a check or cash with your child at any time.



Entree' Salads and Grab-N-Go Meals (PB&J or Deli Pack) Offered Daily.
ALL MENUS SUBJECT TO AVAILABILITY.

BREAKFAST - WEEK #1						
Monday	Tuesday	Wednesday	Thursday	Friday	Oatmeal / Cinnamon Toast	WG French Toast Sticks
					Fruit	Fruit
					Juice Choice	Juice Choice
					Milk Choice	Milk Choice
					Biscuit & Gravy	Yogurt Parfait
					Fruit	Fruit
					Juice Choice	Juice Choice
					Milk Choice	Milk Choice
						WG Glazed Donut
						Fruit
						Juice Choice
						Milk Choice

BREAKFAST - WEEK #2						
Monday	Tuesday	Wednesday	Thursday	Friday	WG Donut Holes	WG Dutch Waffle
					Fruit	Fruit
					Juice Choice	Juice Choice
					Milk Choice	Milk Choice
					WG Breakfast Pizza	Sausage Biscuit
					Fruit	Fruit
					Juice Choice	Juice Choice
					Milk Choice	Milk Choice
						Biscuit & Gravy
						Fruit
						Juice Choice
						Milk Choice

Daily Breakfast Choices: WG Cereal Variety, WG Mini Donuts, WG Granola Bars, WG Pop-Tarts-As Available

OFFER vs SERVE
Food Items for School Breakfast

Choose **at least 3** including:

- ½ Cup of Fruits or Vegetables
- At Least 2 Other Food Items

For best nutrition, **choose all**



For the 2021-22 School Year, each enrolled student will receive 1 FREE breakfast and 1 FREE lunch meal per school day. Any additional meals or extras may be purchased at full price.

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