



SEPTEMBER 2011

Elementary Breakfast and Lunch Menus



CHEF MANNY PANDA'S NUTRITION FACTS

Do you know why eating BREAKFAST is so important?

Studies show that eating a *healthy* breakfast (as opposed to the kind containing doughnuts) can help give your student(s):

- A more nutritionally complete diet, higher in nutrients, vitamins and minerals
- Improved concentration and performance in the classroom
- More strength and endurance to engage in physical activity



Eating breakfast is important for everyone, but is especially so for children and adolescents. According to the American Dietetic Association, children who eat breakfast perform better in the classroom and on the playground, with better concentration, problem-solving skills, and eye-hand coordination.

Foodservice Director: Ivan Lewis

Email: ivanl@wrschool.net

Phone: 928-729-7020



SCHOOL WORDS

Find and circle the School words!



Y Z N O T E S E P P
 C A A A C S U R O C
 O R W R H S H E A E H
 M E A J A S M S F W
 P A F E L R T E V Y
 U D T U K K K R G W
 T I T E A C H E R S
 E N W R I T I N G D
 R G H P E N C I L F
 H B O O K S M A T H

BOOKS	MATH	TEACHER
CHALK	NOTES	WRITING
COMPUTER	PENCIL	
ERASER	READING	

PUTTING CHILD NUTRITION FIRST!

Due to our constant pursuit of excellence SFE will enhance our menus through students' feedback, surveys, parent meetings, and recipe development and market trends.



Window Rock Unified School District #8

ELEMENTARY BREAKFAST



Monday

Tuesday

Wednesday

Thursday

Friday

Menu Subject to Change



Milk

Reduced Fat Milk Variety
Offered Daily

SEPTEMBER 2011

- 1 French Toast w/ Sausage Patty
Assorted Low Sugar Cereal
Fresh Fruit Selection
- 2 Egg, Ham & Cheese Muffin
Assorted Low Sugar Cereal
Fresh Fruit Selection

5



Happy Labor Day

- 6 Egg, Ham & Cheese Bagel
Fresh Fruit Selection
Assorted Low Sugar Cereal

- 7 Egg & Sausage Muffin w/ Hash Brown
Fresh Fruit Selection
Assorted Low Sugar Cereal

8 NO SCHOOL

9 NO SCHOOL

12

- Scrambled Egg & Cheese
Fresh Fruit Selection
Assorted Low Sugar Cereal

- 13 Biscuit & Gravy w/ Sausage Patty
Fresh Fruit Selection
Assorted Low Sugar Cereal

- 14 Egg & Cheese Burrito
Fresh Fruit Selection
Assorted Low Sugar Cereal

- 15 Cinnamon Roll w/ Sausage Patty
Fresh Fruit Selection
Assorted Low Sugar Cereal

- 16 French Toast Sticks w/Sausage Patty
Fresh Fruit Selection
Assorted Low Sugar Cereal

19

- Cinnamon Raisin Bagel w/ Cream Cheese
Fresh Fruit Selection
Assorted Low Sugar Cereal

- 20 Waffles w/ Hash Brown
Fresh Fruit Selection
Assorted Low Sugar Cereal

- 21 Scrambled Egg & Cheese w/ Hash Brown
Fresh Fruit Selection
Assorted Low Sugar Cereal

- 22 Ham & Egg Quesadilla
Fresh Fruit Selection
Assorted Low Sugar Cereal

- 23 French Toast w/ Sausage Patty
Fresh Fruit Selection
Assorted Low Sugar Cereal

26

- Scrambled Egg & Cheese
Fresh Fruit Selection
Assorted Low Sugar Cereal

- 27 Cinnamon Roll w/ Icing
Fresh Fruit Selection
Assorted Low Sugar Cereal

- 28 Cinnamon Raisin Bagel w/ Cream Cheese
Fresh Fruit Selection
Assorted Low Sugar Cereal

- 29 Oatmeal w/ Sausage Patty
Fresh Fruit Selection
Assorted Low Sugar Cereal

- 30 Biscuits & Gravy w/ Sausage Patty
Fresh Fruit Selection
Assorted Low Sugar Cereal

Foodservice Director: Van Lewis

Email: vanl@wrschool.net

Phone: 928-729-7020

Elementary Menu Meal Prices

Staff/Adult
Lunch.....\$2.00

Staff/Adult
Breakfast.....\$1.00

Milk.....\$0.25

Healthy Cafeteria



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Specialty: Child Nutrition Menu

Window Rock Unified School District #8

ELEMENTARY LUNCH



Monday

Tuesday

Wednesday

Thursday

Friday

Menu Subject to Change

Milk

Reduced Fat Milk Variety Offered Daily

SEPTEMBER 2011



- | | | | |
|---|---|---|---|
| 1 | Cheeseburger
Children Primavera
Peas
Fresh Fruit | 2 | BBO Chicken Salad w/ Dinner Roll
Bean & Cheese Burrito
Pinto Beans
Fresh Fruit |
|---|---|---|---|

5



Happy Labor Day

- | | | | |
|---|--|---|---|
| 6 | Soft Taco
Rotini w/ Meat Sauce
Corn
Fresh Fruit | 7 | Sausage Pizza
Macaroni & Cheese
Mixed Vegetables
Fresh Fruit |
|---|--|---|---|

- | | | | |
|---|------------------|---|------------------|
| 8 | NO SCHOOL | 9 | NO SCHOOL |
|---|------------------|---|------------------|

12

- Pepperoni Pizza
- Cheese Crisp
- Vegetables
- Fresh Fruit

- | | | | |
|----|---|----|--|
| 13 | Chicken Burrito
Grilled Cheese Sandwich w/
Tomato Soup
Vegetables
Fresh Fruit | 14 | Sloppy Joe Sandwich
Turkey Sandwich
Corn on the Cob
Fresh Fruit |
|----|---|----|--|

- | | | | |
|----|---|----|--|
| 15 | Oven Roasted Chicken w/
Dinner Roll & Mashed Potatoes
Soft Taco
Beans
Fresh Fruit | 16 | Cheeseburger
Fish Shaped Nuggets
Corn Muffin
Fries
Fresh Fruit |
|----|---|----|--|

19

- Gloazed BBQ Chicken w/ Dinner Roll
- Beef pasta
- Carrots
- Fresh Fruit

- | | | | |
|----|--|----|--|
| 20 | Meatlovers Pizza
Southwest Veggie Wrap
Broccoli
Fresh Fruit | 21 | Beefy Macaroni
Chicken Quesadilla
Spanish Rice
Green Beans
Fresh Fruit |
|----|--|----|--|

- | | | | |
|----|---|----|--|
| 22 | Hamburger
Sweet & Sour Chicken
White Rice
Fries
Fresh Fruit | 23 | Beefy Nachos
Chicken Primavera
Corn
Fresh Fruit |
|----|---|----|--|

26

- Fish Taco
- Cheese Enchilada
- Beans
- Fresh Fruit

- | | | | |
|----|---|----|---|
| 27 | Cheeseburger
Beef Stroganoff
Potato Wedges
Fresh Fruit | 28 | Sausage Pizza
Grilled Cheese Sandwich w/
Tomato Soup
Vegetables
Fresh Fruit |
|----|---|----|---|

- | | | | |
|----|--|----|--|
| 29 | Rotini W/ Meat Sauce
Turkey & Gravy
Mashed Potatoes
Broccoli
Fresh Fruit | 30 | Country Fried Steak w/ Dinner Roll
Pastrami Sandwich
Peas
Fresh Fruit |
|----|--|----|--|

Foodservice Director: Ivan Lewis

Email: ivanl@wrschool.net

Phone: 928-729-7020

Elementary Menu Meal Prices

Staff/Adult Lunch.....\$2.00	Staff/Adult Breakfast.....\$1.00	Milk.....\$0.25
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