Breakfast MONDAY Lunch		Breakfast TUESDAY Lunch		Breakfast WEDNESDAY Lunch		Breakfast THURSDAY Lunch		Breakfast FRIDAY Lunch	
Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Hamburger 2 oz WG Bun 2 oz French Fries 1/2 C Green Beans 1/2 Cup Fruit 1/2 Cup Milk 1 Cup	French Toast 2oz Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Chicken Nuggets 2 oz Sweet Potato Fries 1/2 cup Baked Beans 1/2 cup WG Biscuit 2 oz Fruit 1/2 cup Milk 1 cup	Egg & Sausage 2 oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Penne 1/2 cup Red Sauce 1/4 cup Veggie Meatballs 4pcs/2oz Broccoli 3/4 Cup Fruit 1/2 cup Milk 1 cup	WG Pancakes 20z/3pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Grilled Chicken Breast 2 oz Marinara 1/4 cup Mozzarella .05oz Brown Rice 1/2 C Green Peas 1/2 C Fruit 1/2 cup Milk 1 cup	WG Waffles 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Fish sticks 2oz WG White Bread 1 slice/1oz Sweet Fries Potato 1/2 Cup GreenSalad 1 cup Tomato 1/4 Cup Fruit 1/2 cup Milk 1 cup
8 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Pizza 2 oz Broccoli 1/2 cup Green Salad 1/2 Cup Diced Tomato ¹ / ₄ cup Fruit 1 cup Milk 1 cup	French Toast 2oz Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Chicken Nuggets 2 oz Sweet Potato Fries 1/2 cup Green Pea 1/2 cup WG Biscuit 2 oz Fruit 1/2 cup Milk 1 cup	Egg & Sausage 2 oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Salisbury Steak: Burger Patty 2oz Beef Gravy 1/4 cup Mashed Potato 1/2 cup Carrots 1/2 cup WG Biscuit 2 oz Fruit 1/2 cup Milk 1 cup	WG Pancakes 20z/3 pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Turkey Taco Meat 3.5oz Cheese .5 oz WG Wrap 1.5 oz Shred Lettuce 1/2 cup Tomato 1/4 Cup Black Beans 1/2C Fruit 1/2 Cup Milk 1 Cup	WG Waffles 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Fish sticks 2oz Sweet Fries Potato 1/2 Cup Cole Slaw 1/2 cup Fruit 1/2 cup Milk 1 cup
Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Hamburger 2 oz WG Bun 2 oz French Fries 1/2 C Green Beans 1/2 Cup Fruit 1/2 Cup Milk 1 Cup								

MEAL AND RETURN TO SCHOOL.

Pillar Elementary

	Order by Au REDUCED		PAID		
Date	Breakfast	Lunch	Breakfast	Lunch	
1					
2					
3					
4	-				
5 8					
9					
10	†				
11					
12					
15	1				
School	Closed	For	Summer	Break	
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Check da	ates to orde	r meals.			
Student 1	Name				
Parent/G	uardian Na	me			
Teacher					
	erved in Scl	haa1			
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	heck off the				
	rn to school			ır child i	
n the rec	duced or pa	id categor	y.		
	•	3	-		

Breakfast/Lunch Menu –August 2022

MILK IS PROVIDED WITH EACH LUNCH. Please note: If an alternative meal is required due to a food allergy, indicate on your order form and we will provide a substitute meal that day.
PLEASE CHECK OFF THE DAYS YOUR CHILD NEEDS A