d Breakfast MONDAY Lunch		Breakfast TUESDAY Lunch		Breakfast WEDNESDAY Lunch		Breakfast THURSDAY Lunch		Breakfast FRIDAY Lunch	
						WG Pancakes 20z/3pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Turkey Taco Meat 3.5oz Cheese 1 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 1.250x/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Fish sticks 20z/4 pcs Green Beans 1/2 Cup Sweet Potato Fries 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 Patty 2 oz WG Bun 2 oz Sweet Potato Fries 1/2 C Baked 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 Butternut Squash 1/2 cup Green Beans 1/2 cup WG Biscuit 2 oz Fruit 1/2 cup Milk 1 cup	7 Egg Patty 1 oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Penne 1/2 cup Red Sauce 1/4 cup Turkey Meatballs 4pcs/2oz Mozzarella .5 oz Broccoli 3/4 Cup WG Garlic Cheese Stick 1 oz Fruit 1/2 cup Milk 1 cup	8 WG Pancakes 20z/3pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Salisbury Steak: Burger Patty 2oz Mashed Potato1/2c Brown Gravy 2oz Carrots 3/4 cup WG Biscuit 2oz Fruit 1/2 cup Milk 1 cup	9 WG Waffles 1.250x/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Euphoria Banh Mi Sandwich: Fajita Chicken Strips w/Cucumber 2oz WG Bun 2oz Mixed Veggie 3/4 cup Fruit 1 cup Milk 1 cup
12 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 ½ 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 Waffle Fries 1/2 C Green Pea 1/2 cup WG Biscuit 2 oz Fruit 1/2 cup Milk 1 cup	Egg Patty 1oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Amazing Lo Mein: Spaghetti 2oz Garbanzo Bean 2oz Peppers/Onion mix 1/4 cup Carrots 3/4 cup WG Biscuit 2oz Fruit 1 cup Milk 8 oz	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 1 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 1.250x/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Fish Sticks 20z/4pcs WG Bun 20z Acorn Squash 1/2C Sweet Potato Fries 1/2 Cup Fruit 1 cup Milk 1 cup
19 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Hamburger Patty 2 oz WG Bun 2 oz Sweet Potato Fries 1/2 C Baked 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 2 oz BBQ Sauce Shred Cheddar cheese 2oz WG Bun 2oz Tater Tots 1/2 C Peas 3/4 Cup Fruit 1 cup Milk 1 cup	Egg Patty 1 oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Penne 1/2 cup Red Sauce 1/4 cup Turkey Meatballs 4pcs/2oz Broccoli 3/4 Cup WG Garlic Cheese Bread Stick 2oz 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	WG Pizza 2 oz Mixed Veggie 1/2 cup Green Salad 1/2 Cup Diced Tomato ½ cup Fruit 1 cup Milk 1 cup	WG Waffles 1.250x/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Chicken Nuggets 2 oz Sweet Potato Waffle Fries 1/2 C Green Pea 1/2 C WG Garlic Bread Stick 1 oz Fruit 1/2 cup Milk 1 cup

Pillar Elementary

	REDUCED		PAID		
Date	Breakfast	Lunch	Breakfast	Lunch	
	\$0.30	\$0.40	\$1.80	\$2.95	
1					
2					
5					
6					
7					
8					
9					
12					
13					
14					
15					
16					
19					
20					
21					
22					
23					
	Winter	Break			
			1		
	d Price 30 ar	1 10	/ 1 : 4	:	

Reduced Price 30 and 40cents w/application on						
file only otherwise full price. Thank you						
Total Breakfasts @ \$0.30 ordered = \$						
Total Lunches @ \$0.40 ordered = \$						
Total Breakfasts @\$1.80 ordered = \$						
Total Lunch@\$2.95 ordered =\$						
Student Name						
Parent/Guardian Name						
Teacher Name						
Meals Served in School						

Please check off the days your child needs a meal and return to school with payment if your child is in the reduced or paid category.

Breakfast/Lunch Menu – December 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 MEAL AND RETURN TO SCHOOL.