

d	Breakfast MONDAY Lunch	Breakfast TUESDAY Lunch	Breakfast WEDNESDAY Lunch	Breakfast THURSDAY Lunch	Breakfast FRIDAY Lunch
				1 WG Pancakes 2oz/3pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	2 WG Fish sticks 2oz/4 pcs Green Beans 1/2 Cup Sweet Potato Fries 1/2 Cup Fruit 1/2 cup Milk 1 cup
5	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	6 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	8 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
12	Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	13 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	14 Egg Patty 1oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	15 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
19	Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	20 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	21 Egg Patty 1 oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	22 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

Pillar Elementary

Return Order by December 2022

Date	REDUCED		PAID	
	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		

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.