

SHAWNEE ELEMENTARY/WOODLANDS INTERMEDIATE



January-June 2022

MEAL PRICING:

FREE BREAKFAST AND LUNCH FOR ALL STUDENTS
2021-2022 SCHOOL YEAR

Milk Only

.55

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Chicken Patty Crispy Fries Fresh Carrots Fresh Local Apple	Brunch for Lunch Breakfast Sandwich w/egg and bacon Hash browns Fruit Juice	Chicken Tenders Mashed Potatoes w/gravy Roll Corn Grapes	Cheesy Pizza Tossed Salad w/dressing Frozen Yogurt Cup Orange Slices	Nachos w/meat and cheese Seasoned black beans Mixed fruit cup
2	Mini Corn Dogs Baked Beans Assorted Veggies w/dip Fresh Fruit	Mac & Cheese California Blend Mixed Berries	Chicken Nuggets Mashed Potatoes w/gravy Roll Peach Slices	Pancakes w/syrup Yogurt Hash browns Dragon juice	Bosco Pizza Sticks Marinara Sauce Fresh Salad w/dressing Apple Slices
3	Walking Taco w/meat and cheese Fiesta Corn and Beans Pineapple	Popcorn Chicken w/Asian Sauce Buttered Rice Snap Peas Fortune Cookie	Homemade Pasta w/ meat sauce Fresh Romaine Salad w/dressing Garlic Stick	Brunch for Lunch French Toast Sticks Sausage Patty Hash browns	Hot Dog on Bun French Fries Fresh Seasonal Fruit
4	Pepperoni Pizza Broccoli Pear Slices Rice Krispie Treat	Corn Dog Baked Beans Waffle Fries Fresh Seasonal Fruit	Toasted Cheese Soup WG Crackers Fresh Veggies w/dip	Chicken Nuggets Seasoned Fries Buttered WG Biscuit Carrots w/dip	Cheeseburger on WG Bun Pickle Slices Assorted Chips Snap Peas

OTHER DAILY SELECTIONS:

PB & J offered daily as an additional choice

Fresh fruits and veggies served daily

Assorted 100% juice, 1% milk and lactose free milk served daily



NUTRITION BITES:

- Lunch is an important source of key food groups and nutrients including vegetables and protein with a quarter of daily energy coming from lunch¹.
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.²

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1. NHANES 2011-12 and NHANES 2013-2014.
2. USDA. MyPlate.gov. <http://www.myplate.gov>.