

# What's on the Menu?

AOD School Food Program K8 – Breakfast Menu  
St. Edward on the Lake School

Monday

Tuesday

Wednesday

Thursday

Friday

2023

- Milk served with every meal

Nutrigrain Bar <sup>4</sup>  
String Cheese or  
Yogurt  
Fresh Fruit or  
Cupped Fruit

BeneFIT Bar <sup>5</sup>  
String Cheese or  
Yogurt  
Fresh Fruit or  
Cupped Fruit

Pop Tart <sup>6</sup>  
String Cheese or  
Yogurt  
Fresh Fruit or  
Cupped Fruit

Cereal Bar <sup>7</sup>  
String Cheese or  
Yogurt  
Fresh Fruit or  
Cupped Fruit

Cereal Bowl <sup>1</sup>  
String Cheese or  
Yogurt  
Fresh Fruit or  
Cupped Fruit

Cereal Bowl <sup>8</sup>  
String Cheese or  
Yogurt  
Fresh Fruit or  
Cupped Fruit

Nutrigrain Bar <sup>11</sup>  
String Cheese or  
Yogurt  
Fresh Fruit or  
Cupped Fruit

BeneFIT Bar <sup>12</sup>  
String Cheese or  
Yogurt  
Fresh Fruit or  
Cupped Fruit

Pop Tart <sup>13</sup>  
String Cheese or  
Yogurt  
Fresh Fruit or  
Cupped Fruit

Cereal Bar <sup>14</sup>  
String Cheese or  
Yogurt  
Fresh Fruit or  
Cupped Fruit

Cereal Bowl <sup>15</sup>  
String Cheese or  
Yogurt  
Fresh Fruit or  
Cupped Fruit

Nutrigrain Bar <sup>18</sup>  
String Cheese or  
Yogurt  
Fresh Fruit or  
Cupped Fruit

BeneFIT Bar <sup>19</sup>  
String Cheese or  
Yogurt  
Fresh Fruit or  
Cupped Fruit

Holiday Break

Holiday Break

Holiday Break

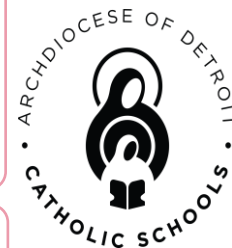
Holiday Break

Holiday Break

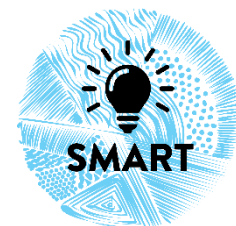
Holiday Break

Holiday Break

Holiday Break



**MOOD  
BOOST**



December

# What's on the Menu?

AOD School Food Program K8  
St. Edward on the Lake

Monday

Tuesday

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## Available Daily

Entrée 2 – Garden Salad w/ Chicken & Pita Bread

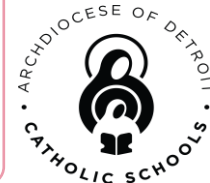
Entrée 3 – Soy Butter & Grape Jelly

**Fruit, Milk and Vegetables available with all Entrées**

- School's **MUST** offer all 5 components (**Grain, Fruit, Milk, Protein and Veggie**). Students **MUST** choose 3 or more food groups. 1 component **MUST** at least be ½ cup fruit and/or vegetable

1

Macaroni and Cheese  
Mixed Vegetables  
Fresh Carrots  
Fresh Apple



4

Chicken Tenders  
Broccoli w/Cheese  
Fresh Apple Slices  
Baked Cookie 🍪



5

Beef Hot Dog  
Chili Sauce  
Tator Tots  
Fresh Orange

Chicken & Bacon  
Cheddar Sandwich  
Baked Beans  
Fresh Carrot Sticks  
Fresh Grapes

6

## #BrunchforLunch

7

Sausage Egg & Cheese on English Muffin  
Hashbrown Patty  
Fresh Broccoli  
Assorted Fruit

8

Beef Sloppy Joe  
Carrot and Celery Sticks  
Fresh Orange



**Lucky Tray Day**

11

Chicken Nuggets  
Potato Smiles  
Fresh Grapes  
Baked Cookie 🍪



**#TacoTuesday**  
Beef Walking Taco w/ Nacho Doritos  
Seasoned Black Beans & Corn  
Fresh Apple

12

13

Bosco Sticks  
Marinara Sauce  
Fresh Carrots Sticks  
Fresh Celery Sticks  
Applesauce Cup

**#BrunchforLunch**  
French Toast Sticks  
Sausage Links  
Fresh Broccoli  
Assorted Fruit

14

15

Rotini Pasta with Meat Sauce  
Breadstick  
Peas and Carrots  
Fresh Apple



18

Popcorn Chicken & Mashed Potato Bowl  
Seasoned Corn  
Fresh Apple



Macaroni and Cheese  
Seasoned Broccoli  
Fresh Orange  
Baked Cookie 🍪

19

20

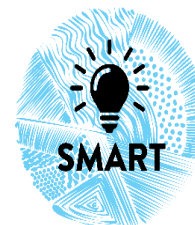
Cheeseburger  
Baked Beans  
Fresh Carrot Sticks  
Cantaloupe Cubes

21

**#BrunchforLunch**  
Confetti Pancakes  
Sausage Links  
Hashbrowns  
Fresh Pear

22

French Bread  
Cheese Pizza  
Tator Tots  
Fresh orange



25

**Holiday Break**



26

**Holiday Break**

27

**Holiday Break**

28

**Holiday Break**

29

**Holiday Break**

December 2023