

What's on the Menu?

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

Monday

Tuesday

Wednesday

Thursday

Friday

- Milk served with every meal

NO SCHOOL

4

BeneFIT Bar 5
String Cheese or
Yogurt
Fresh Fruit or
Cupped Fruit

Pop Tart 6
String Cheese or
Yogurt
Fresh Fruit or
Cupped Fruit

Cereal Bar 7
String Cheese or
Yogurt
Fresh Fruit or
Cupped Fruit

Cereal Bowl 8
String Cheese or
Yogurt
Fresh Fruit or
Cupped Fruit

Nutrigrain Bar 11
String Cheese or
Yogurt
Fresh Fruit or
Cupped Fruit

11

BeneFIT Bar 12
String Cheese or
Yogurt
Fresh Fruit or
Cupped Fruit

12

Pop Tart 13
String Cheese or
Yogurt
Fresh Fruit or
Cupped Fruit

13

Cereal Bar 14
String Cheese or
Yogurt
Fresh Fruit or
Cupped Fruit

14

Cereal Bowl 15
String Cheese or
Yogurt
Fresh Fruit or
Cupped Fruit

15

NO SCHOOL

18

BeneFIT Bar 19
String Cheese or
Yogurt
Fresh Fruit or
Cupped Fruit

19

Pop Tart 20
String Cheese or
Yogurt
Fresh Fruit or
Cupped Fruit

20

Cereal Bar 21
String Cheese or
Yogurt
Fresh Fruit or
Cupped Fruit

21

Cereal Bowl 22
String Cheese or
Yogurt
Fresh Fruit or
Cupped Fruit

22

Nutrigrain Bar 25
String Cheese or
Yogurt
Fresh Fruit or
Cupped Fruit

25

BeneFIT Bar 26
String Cheese or
Yogurt
Fresh Fruit or
Cupped Fruit

26

Pop Tart 27
String Cheese or
Yogurt
Fresh Fruit or
Cupped Fruit

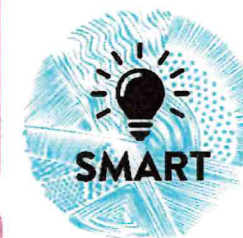
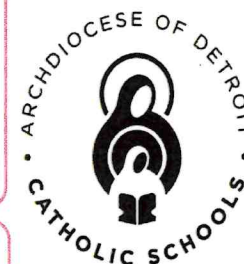
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Cereal Bar 28
String Cheese or
Yogurt
Fresh Fruit or
Cupped Fruit

28

Cereal Bowl 29
String Cheese or
Yogurt
Fresh Fruit or
Cupped Fruit

29



September 2023

What's on the Menu?

AOD School Food Program K8
St. Edward on the Lake School

September 2023

Monday

Tuesday

Wednesday

Thursday

Friday

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

NO SCHOOL

4



5
Chicken Drumstick
Collard Greens
Sweet Tater Tots
Fresh Orange
Baked Cookie

5

6
Cheeseburger
Baked Beans
Celery Sticks
Fresh Grapes

6

7
Chicken Tenders
French Fries
Assorted Fruit Cup

7

8
Cheesy French
Bread Pizza
Tater Tots
Assorted Fruit

8

11
Beef Enchiladas
Sour Cream
Refried Beans
Seasoned Corn
Fresh Apple

11



12
Grilled Cheese
Sandwich
Soup
Seasoned Broccoli
Fresh Orange

12

13
Bosco Sticks
Marinara
Celery & Carrot Sticks
Fresh Cantaloupe

13

14
Chicken Nuggets
Tater Tots
Assorted Fruit Cup
Baked Cookie

14

15
Fish Sticks
Dinner Roll
Cheesy Broccoli
Assorted Fruit

15

NO SCHOOL

18



19
Chicken Alfredo
Broccoli & Carrots
Fresh Orange
Baked Cookie

19

20
Cheeseburger
Baked Beans
Baby Carrots
Fresh Banana

20

21
Chicken Tenders
French Fries
Assorted Fruit Cup

21

22
Cheesy French
Bread Pizza
Tater Tots
Assorted Fruit

22

25
Beef Taco
Seasoned Black
Beans & Corn
Fresh Apple

25



26
Spaghetti &
Meatballs
Cheesy Broccoli
Seasoned Carrots
Fresh Orange

26

27
Bosco Sticks
Marinara
Celery & Carrot Sticks
Fresh Grapes

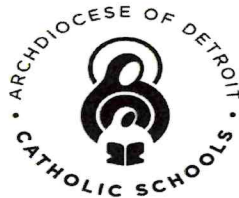
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28
Chicken Nuggets
Tater Tots
Assorted Fruit Cup
Baked Cookie

28

29
Macaroni & Cheese
Seasoned Green
Beans
Baby Carrots
Assorted Fruit

29



Lucky Tray Day

MOOD BOOST

