

Simmons Elementary

Breakfast Menu 2018/2019

Meal Prices:
 Paid: \$1.30
 Reduced: \$.30
 Free- No Cost
 Adult: \$2.50

Every breakfast includes choice of low fat milk, fresh fruit, whole grains, protein rich options, 100% fruit juice.

	Mon.	Tues.	Wed.	Thurs.	Fri.
Wk 1	Sausage Biscuit Chocolate Glazed Donut	Cheesy Bacon Eggs Muffin & Yogurt	Breakfast Bacon Pizza Chocolate Chip French Toast	Big Breakfast! Cereal Bar & String Cheese	Chicken Biscuit Protein Power Fruit Smoothie w/ Minion Grahams
Wk 2	Sausage Biscuit Powdered Donut Holes	Cheesy Bacon Eggs Cereal Bar & String Cheese	Breakfast Sausage Pizza Maple, Strawberry, Funfetti Pancakes	Big Breakfast! Pop Tarts	Chicken Biscuit Chocolate Chip French Toast
Wk 3	Sausage Biscuit Vanilla Sugar Powdered Donut	Cheesy Bacon Eggs Muffin & Yogurt	Breakfast Bacon Pizza Ginny's Waffles	Big Breakfast! Pop Tarts	Chicken Biscuit Protein Power Fruit Smoothie w/ Minion Grahams



Children who eat breakfast have improved memory, problem-solving skills, verbal fluency and creative abilities.

Menus will change due to seasonal availability & student preferences.
 Please go to WC Schools Food Service Website for full menu with nutritional data and images:
<http://www.woodford.kyschools.us/content/18>



Simmons Food Service Manager:
 Maria Theresia Eggert
 maria.eggert@woodford.kyschools.us
 (859) 879-4670 ext. 6766

We value locally-sourced, fresh, high quality, minimally processed foods.
 Our passion & commitment is to
"Feed Woodford County's Future"

"The USDA is an equal opportunity provider & employer"

August					September					October					November					December					January					February					March					April					May									
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F					
6	7	8	9	10	3	4	5	6	7	1	2	3	4	5	5	6	7	8	9	3	4	5	6	7	7	8	9	10	11	4	5	6	7	8	4	5	6	7	8	8	9	10	11	12	8	9	10	11	12	6	7	8	9	10
13	14	15	16	17	10	11	12	13	14	15	16	17	18	19	12	13	14	15	16	10	11	12	13	14	14	15	16	17	18	11	12	13	14	15	11	12	13	14	15	15	16	17	18	19	13	14	15	16	17					
20	21	22	23	24	17	18	19	20	21	22	23	24	25	26	19	20	21	22	23	17	18	19	20	21	21	22	23	24	25	18	19	20	21	22	18	19	20	21	22	22	21	22	23	24	20	21	22	23	24					
27	28	29	30	31	24	25	26	27	28	29	30	31	1	2	26	27	28	29	30				3	4	28	29	30	31	1	25	26	27	28	1	25	26	27	28	29	29	30	1	2	3										

Simmons Elementary

LUNCH Menu 2018/2019

Meal Prices:
 Paid: \$2.65
 Reduced: \$.40
 Free- No Cost
 Adult: \$4.00

"The USDA is an equal opportunity provider & employer"

	Mon. Pasta Party Bar	Tues. Taco- style Tuesday	Wed. Pizzeria & a Treatza	Thurs. Sandwich Zone	Fri. Fresh Favorites
Wk 1	Spaghetti Noodles w/ Homemade Mama's Meat Sauce or Marinara	Chicken or Beef Soft Tacos Mexican Fiesta Rice	Little Caesar's Pizza Pizza! Mini Ice Cream Sandwich	Chicken Patty or Burger Bar Curly Fries	Mini Corn Dogs Cheese & Macaroni Crispy Fries Woodford Salad
Wk 2	Rotini Corkscrew Pasta w/ Marinara or Cheesy alfredo	Beef or Chicken Nachos Top n Go Doritos or Tostitos w/ Queso	Big Daddy Pizza or Cheesy Bread w/ pizza dip Mini Rice Krispy Treat	Mini Chicken or Burger Sliders Smiley Fries	Chicken Tenders Basket Mashed Potatoes/ Corn Sweet Yeast Roll
Wk 3	Meatball Mania w/ marinara Spaghetti Noodles	Chicken or Cheese Quesadillas Woodford Salad	French Bread Pizza or Breaded Cheese Sticks Chocolate Fudge Cookie	My- Way Substation Choice of Ham, Turkey or Chicken Baked Doritos or Cheetos	Ballpark Hot Dog Crispy Fries Sweet Baby Ray's Baked Beans
Daily Entree Options	Ham & Cheese Sandwich Nacho Lunch-kit	Turkey & Cheese Sandwich Chicken Dunker-kit	WOW Butter & Jelly Sammy Yogurt Lunch-kit	Ham & Cheese Sandwich Chicken Dunker-kit	Turkey & Cheese Sandwich Nacho Lunch-kit
Daily Side Options	Fresh Roasted Veggies Woodford Salad Parmesan Cheese Cheesy Breadstick Fruit cup/ Orange Smiles	Taco- Ultra Bar Trimmings Sweet Corn Refried Beans Apple Slices Sweet Pineapple Chunks	BLT Salad Carrot Dippers w/ Hidden Valley cup Fun-Flavored Applesauce Strawberry Craisins	Super Sandwich Toppings Celery Crunchers w/ Hidden Valley cup Banana Farm- Fresh Fruit Salad	Fun- flavored Applesauce TRY DAY FRIDAY FRUIT! (Encourage your child to try a new fruit on Fridays)

Each Meal option includes choice of low fat milk, fresh fruits/vegetables, whole grains & lean protein- rich options.

May				
M	T	W	Th	F
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24

August					September					October					November					December					January					February					March					April																																																																																																																		
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F																																																																																																														
6	7	8	9	10	3	4	5	6	7	1	2	3	4	5	5	6	7	8	9	3	4	5	6	7	7	8	9	10	11	4	5	6	7	8	4	5	6	7	8	8	9	10	11	12	13	14	15	16	17	10	11	12	13	14	14	15	16	17	18	11	12	13	14	15	11	12	13	14	15	15	16	17	18	19	20	21	22	23	24	17	18	19	20	21	21	22	23	24	25	18	19	20	21	22	18	19	20	21	22	22	21	22	23	24	27	28	29	30	31	24	25	26	27	28	29	30	31	1	2	26	27	28	29	30						3	4	5	6	7	28	29	30	31	1	25	26	27	28	1	25	26	27	28	29	29	30	1	2	3