

**Pike Lake/Bay View Elem: Breakfast No Charge**

Additional or Milk only \$0 .50  
 Adult Breakfast \$2.50  
 Adult Extra Entree \$1.50

**Pike Lake/Bay View: Lunch No Charge**

Milk Only \$0 .50  
 Adult Lunch \$5.00  
 Adult Extra Entree \$1.50

# Elementary September 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<b>Labor Day</b>	Cereal Bar w/ Cheese Stick Mini Cinnis Fresh Fruit or Juice <b>Lunch</b>	Cereal Bar w/ Cheese Stick Apple Bites Applesauce or Juice <b>Lunch</b>	Cereal Bar w/ Cheese Stick Mini Bagels Fresh Fruit or Juice <b>Lunch</b>	Cereal Bowl w/Yogurt Snack Bread Fresh Fruit or Juice <b>Lunch</b>
<b>No School</b>	Cheeseburger on a WG Bun Sweet Potato Fries Italian Blend Vegetables Diced Peaches Fruit & Veggie Bar	Corn Dog Spud Bites Baked Beans Pineapple Tidbits Fruit & Veggie Bar	WG Chicken Drumstick Potato Smiles WG Dinner Roll Steamed Peas & Carrots Applesauce Fruit & Veggie Bar	Garlic Cheese Bread w/ Marinara Sauce Golden Corn Fruit Mix Fruit & Veggie Bar
11	12	13	14	15
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Cereal Bowl w/Yogurt Snack'N Waffle Applesauce or Juice <b>Lunch</b>	Cereal Bar w/Cheese Stick Mini Cinnis Fresh Fruit or Juice <b>Lunch</b>	Cereal Bar w/Cheese Stick Apple Bites Applesauce or Juice <b>Lunch</b>	Cereal Bar w/Cheese Stick Mini Bagels Fresh Fruit or Juice <b>Lunch</b>	Cereal Bowl w/Yogurt Snack Bread Fresh Fruit or Juice <b>Lunch</b>
Homemade Italian Dunkers w/ Cheesy Bread Stick Steamed Green Beans Chilled Pears Fruit & Veggie Bar	Chicken Patty on a WG Bun French Fries Baked Beans Diced Peaches Fruit & Veggie Bar	Stuffed Crust Cheese Pizza California Blend Vegetables Fruit Mix Fruit & Veggie Bar	Mandarin Orange Chicken Steamed Brown Rice Golden Corn Hawaiian Delight Fruit & Veggie Bar	Sloppy Joe/WG Bun Sun Chips 4 Blend Vegetables Applesauce Fruit & Veggie Bar
18	19	20	21	22
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Cereal Bowl w/Yogurt Snack'N Waffle Applesauce or Juice <b>Lunch</b>	Cereal Bar w/Cheese Stick Mini Cinnis Fresh Fruit or Juice <b>Lunch</b>	Cereal Bar w/Cheese Stick Apple Bites Applesauce or Juice <b>Lunch</b>	Cereal Bar w/Cheese Stick Mini Bagels Fresh Fruit or Juice <b>Lunch</b>	Cereal Bowl w/Yogurt Snack Bread Fresh Fruit or Juice <b>Lunch</b>
Chicken Nuggets Potato Smiles Steamed Peas & Carrots Diced Peaches Fruit & Veggie Bar	California Burger/Bun Tater Tots Steamed Green Beans Chilled Pears Fruit & Veggie Bar	Mac & Cheese w/Mini Corn Dogs Steamed Broccoli Hawaiian Delight Fruit & Veggie Bar	French Bread Pizza 4 Blend Vegetables Applesauce Fruit & Veggie Bar	Taco in a Bag Golden Corn Refried Beans Fruit Mix Fruit & Veggie Bar
25	26	27	28	29
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Cereal Bowl w/Yogurt Snack'N Waffle Applesauce or Juice <b>Lunch</b>	Cereal Bar w/Cheese Stick Mini Cinnis Fresh Fruit or Juice <b>Lunch</b>	Cereal Bar w/Cheese Stick Apple Bites Applesauce or Juice <b>Lunch</b>	Cereal Bar w/Cheese Stick Mini Bagels Fresh Fruit or Juice <b>Lunch</b>	Cereal Bowl w/Yogurt Snack Bread Fresh Fruit or Juice <b>Lunch</b>
Pizza Quesadilla California Blend Vegetables Pineapple Tidbits Fruit & Veggie Bar	Hot Ham & Cheese Crinkle Fries Steamed Green Beans Chilled Pears Fruit & Veggie Bar	Hot Dog/WG Bun Baked Beans Cheez - It Crackers Diced Peaches Fruit & Veggie Bar	Breaded Pork Steak Mashed Potatoes & Gravy 4 Blend Vegetables Applesauce Fruit & Veggie Bar	Homemade Chicken Noodle Soup w/ Grilled Cheese Sandwich Fruit Mix Fruit & Veggie Bar
2	3	4	5	6
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Cereal Bowl w/Yogurt Snack'N Waffle Applesauce or Juice <b>Lunch</b>	Cereal Bar w/ Cheese Stick Mini Cinnis Fresh Fruit or Juice <b>Lunch</b>	Cereal Bar w/ Cheese Stick Apple Bites Applesauce or Juice <b>Lunch</b>	Cereal Bar w/ Cheese Stick Mini Bagels Fresh Fruit or Juice <b>Lunch</b>	Cereal Bowl w/Yogurt Snack Bread Fresh Fruit or Juice <b>Lunch</b>
French Toast Sticks Sausage Patty Hashbrown Fruit Juice Cup Fruit & Veggie Bar	Cheeseburger on a WG Bun Sweet Potato Fries Italian Blend Vegetables Diced Peaches Fruit & Veggie Bar	Corn Dog Spud Bites Baked Beans Pineapple Tidbits Fruit & Veggie Bar	WG Chicken Drumstick Potato Smiles WG Dinner Roll Steamed Peas & Carrots Applesauce Fruit & Veggie Bar	Garlic Cheese Bread w/ Marinara Sauce Golden Corn Fruit Mix Fruit & Veggie Bar

All meals include a choice of skim or 1% and chocolate skim milk.

Menu Subject to Change

Lactose reduced milk will be made available upon request from any parent of a child who is lactose intolerant signed by a licensed physician.

**Fruit & Veggie Bar options may include:** Fresh Apples, Bananas, Cantaloupe, Kiwi, Nectarines, Oranges, Pears, Plums or Watermelon.

Applesauce, Mixed Fruit, Diced Peaches & Pears, Pineapple, Strawberry Cups or Tropical Fruit. Fresh Romaine, Spinach, Spring Mix, Iceberg Lettuce, Broccoli, Carrots, Cauliflower, Celery, Cucumbers, Sweet Peas, Legumes, Onions, Green, Orange & Red Peppers, Yam Sticks or Tomatoes.

**Grains:** All Breads, Rolls, Pasta & Pizza are Whole Grain Rich

If you have any questions please contact School Nutrition Coordinator

Debra Hanson 218-520-1701 [dhanson2@proctor.k12.mn.us](mailto:dhanson2@proctor.k12.mn.us)

This institution is an equal opportunity provider.