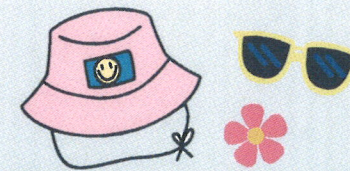



May 2024 Menu

Washington Elementary School



Monday Tuesday Wednesday Thursday Friday

29		1 Pepperoni Pizza (32) Broccoli Cauliflower Fruit (8) (15)	2 Corn Dog (30) Cauliflower & Fresh Vegetables Fruit (8) (15)	3 French Toast Sticks (60) Breakfast Syrup (29) Cheese Omelet Carrots Fresh Vegetables Fruit (8) (15)
6 Quesadilla Pizza (39) Corn (17) Carrots Fruit (8) (15)	7 Beef Taco with Cheese and Fixings (22) Refried Beans (5) (10) Celery & Fruit (8) (15)	8 Hot Dog (28) Broccoli Carrots & Fruit (8) (15)	9 Mr. Rib (25) Potato Smiles (10) (20) & Cucumbers Fruit (8) (15)	10 Pancakes (20) Eggs Fresh Vegetables Fruit (8) (15)
13 Chicken Nuggets (12) Dinner Roll (14) Corn (17) Carrots & Fruit (15)	14 Chicken Fajita (22) with Cheese and Fixings Broccoli Cauliflower & Fruit (8) (15)	15 Corn Dog (30) Baked Beans (23) Carrots Fruit (8) (15)	16 Meatballs (4) and Gravy (4) One Bread Slice (13) Mashed Potatoes (7) (14) & Carrots Fruit (8) (15)	17 Italian Dunkers (32) Marinara Sauce (5) Fresh Vegetables & Fruit (8) (15)
20 Deli Sandwich (26) Broccoli & Carrots Fruit (15)	21 Chicken Burger (32) Baked Beans (23) & Celery Fruit (8) (15)	22 Pasta (38) & Meat Sauce (9) Breadstick (17) Carrots & Broccoli Fruit (8) (15)	23 Cheese Pizza (35) Corn Cauliflower Fruit (15)	24 Cook's Choice Fresh Vegetables Fruit (15)
27 No School	28 Cook's Choice Fresh Vegetables Fruit (15)	29 Cook's Choice Fresh Vegetables Fruit (15)	30 Cook's Choice Fresh Vegetables Fruit (15)	31

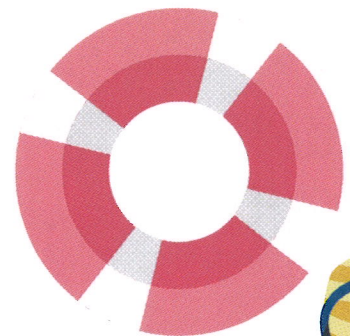
Preschool Menu
Pre-school students will receive all items in **bold**. Pre-school quantities of fruits and vegetables are a minimum of 1/4 cup each.

Prices
Students: FREE
Adult Price: \$4.95
Extra Milk: \$0.50
Lactose Free Milk: \$1.00

Daily Milk Choices
Plain Skim (13)
Plain 1% (13)
Lactose Free (upon request)

Carbohydrate Count
Numbers listed in parentheses () are the carbohydrate for that item in full.

Questions?
Contact Emily Scheresky at emilyscheresky@isd593.org or 218-281-5313 ext. 7



This Institution is an Equal Opportunity Provider

All Menus are subject to change without notice due to supply chain, availability, and delivery changes.





Breakfast in the Classroom (BIC)

at Washington Elementary School



What is BIC? Instead of the traditional breakfast before school, students will be able to eat breakfast in their classrooms after the bell.

Why BIC? Breakfast in the classroom will allow students to play and socialize prior to school rather than having to come in to eat. It will also allow more students the opportunity to eat breakfast as well as be used as valuable learning time.

Will breakfast before school still be offered as well? No, Breakfast in the Classroom replaces traditional breakfast offered prior to the start of school. Students will be encouraged to play with friends during that time.

Will my student be charged? No! the Minnesota Free School Meals bill has taken into effect, meaning all students can receive **one free breakfast and one free lunch per school day.**

Does my student have to participate in BIC? No, a student can take or deny BIC each day. If you do not want your student to participate at any point during the school year, please turn a written request to your classroom teacher that states your student is not allowed to eat breakfast at school. Please note that other students will still be eating at that time, so if you want to send a breakfast snack with your student to eat during breakfast time, you can.

Will my student miss out on learning? Not at all! Not only is eating together part of the learning experience, teachers will use the breakfast time to teach things like conversational skills, as well as math, science, and reading concepts.

What if I have questions or concerns with BIC? All questions and concerns regarding this program can be directed to Emily Scheresky, Food Service Director, at emilyscheresky@isd593.org or 218-281-5313 x 7.

Kindergarten Menu

Items	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1-2 Grain or Protein Items	Banana Bread (28) [1] Cereal (22-25) [1]	Mini Cinnamon Donuts (12-15) [1] Cereal (22-25) [1]	Breakfast Crackers (19) [1] Cereal (22-25) [1]	Muffin (27-31) [1] Cereal (22-25) [1]	String Cheese (0) [1] Cereal (22-25) [1]
Choose 1-2 Fruits	Fruit Juice(15) [1] Fruit Choice (15) [1]	Fruit Juice(15) [1] Fruit Choice (15) [1]	Fruit Juice(15) [1] Fruit Choice (15) [1]	Fruit Juice(15) [1] Fruit Choice (15) [1]	Fruit Juice(15) [1] Fruit Choice (15) [1]
Choose up to 1 Milk	Plain 1% Plain Skim (13) [1]	Plain 1% Plain Skim (13) [1]	Plain 1% Plain Skim (13) [1]	Plain 1% Plain Skim (13) [1]	Plain 1% Plain Skim (13) [1]

School Readiness Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Banana Bread (28) Fruit Choice (15) Plain Skim or 1% Milk (13)	Cereal (22-25) Fruit Juice (15) Plain Skim or 1% Milk (13)	Breakfast Crackers (19) Fruit Choice (15) Plain Skim or 1% Milk (13)	Cereal (22-25) Fruit Juice (15) Plain Skim or 1% Milk (13)	String Cheese (0) Fruit Choice (15) Plain Skim or 1% Milk (13)

Breakfast Menu Information

Menus are subject to change, without notice, due to availability and delivery challenges.

Lactose-Free milk is available by request.

All grain options are whole grain choices.

Carbohydrate Counts are listed in the parentheses ().

Items in the brackets [] are considered the item equivalents. Kindergarten students must take 3 item equivalents at breakfast, with at least 1 being a fruit or a fruit juice.

Special diet requests can be made with approval. Please contact Emily at emilyscheresky@isd593.org. This institution is an equal opportunity provider.