



# SIMPSON ELEMENTARY

## 2019-2020 BREAKFAST AND LUNCH MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	<p><i>Choice of One:</i> Chicken Biscuit Pillsbury Mini Bagels w/Cream Cheese Choice of WG Cereals</p> <p>100% Fruit Juice, Fresh fruit or canned fruit</p> <p><i>***Milk Choice each day</i></p>	<p><i>Choice of One:</i> French Toast Sticks Yogurt Parfait w/Fruit &amp; Granola Choice of WG Cereals</p> <p>100% Fruit Juice, Fresh fruit or canned fruit</p>	<p><i>Choice of One:</i> Sausage, Biscuit &amp; Gravy Yogurt &amp; Otis Spunkmeyer Muffin Choice of WG Cereals</p> <p>100% Fruit Juice, Fresh fruit or canned fruit <b>(Nov. - March)</b> Hot Oatmeal w/Toppings or Yogurt &amp; Muffin</p>	<p><i>Choice of One:</i> Tony's Breakfast Pizza Yogurt Parfait w/Fruit &amp; Granola Choice of WG Cereals</p> <p>100% Fruit Juice, Fresh fruit or canned fruit</p>	<p><i>Choice of One:</i> WG Cinnamon Roll Yogurt &amp; Nature Valley Crisps Choice of WG Cereals</p> <p>100% Fruit Juice, Fresh fruit or canned fruit</p>
<b>WEEK 2</b>	<p><i>Choice of One:</i> Sausage Biscuit Yogurt &amp; Keebler Grahams Choice of WG Cereals</p> <p>100% Fruit Juice, Fresh fruit or canned fruit</p> <p><i>***Milk Choice each day</i></p>	<p><i>Choice of One:</i> Pancakes w/Sausage Yogurt Parfait w/Fruit &amp; Granola Choice of WG Cereals</p> <p>100% Fruit Juice, Fresh fruit or canned fruit</p>	<p><i>Choice of One:</i> Sausage, Biscuit &amp; Gravy Yogurt &amp; Otis Spunkmeyer Muffin Choice of WG Cereals</p> <p>100% Fruit Juice, Fresh fruit or canned fruit</p>	<p><i>Choice of One:</i> Sausage &amp; Egg Biscuit Yogurt Parfait w/Fruit &amp; Granola Choice of WG Cereals</p> <p>100% Fruit Juice, Fresh fruit or canned fruit</p>	<p><i>Choice of One:</i> WG Pastry Choice Yogurt &amp; Nature Valley Crisps Choice of WG Cereals</p> <p>100% Fruit Juice, Fresh fruit or canned fruit</p>

*\*Complete BREAKFAST includes: Entrée, 100% Juice or Fruit and Milk (All students must take a fruit serving)*  
*\*AVAILABLE DAILY - Healthy Milk Choices (1% White, Fat Free Chocolate, Fat Free Strawberry)*  
*\*Menu items are subject to change due to product availability*

**BREAKFAST IS  
FREE  
FOR ALL STUDENTS  
EVERY SCHOOL DAY.  
(Just thought we'd remind you.)**



**First things First**

To make a breakfast,  
choose at least one

**Fruit**

or

**Juice**

**Fruit**

and at  
least  
three  
items  
total

**Grains**

**Milk**

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

Please visit the Food Service page of the Simpson County Schools website for the latest program information, menus and menu analysis: [www.simpson.kyschools.us](http://www.simpson.kyschools.us)  
 \*Use our on-line system to view your child's account and even pay for their meals: [www.mySchoolBucks.com](http://www.mySchoolBucks.com)

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Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	<p><b>Choice of One:</b> Tyson Chicken Tenders Ham Sandwich on WG Bread PB&amp;J Uncrustable Boxed Meal</p> <p><b>Sides:</b> Mashed Potatoes Seasoned Peas Applesauce Fresh Fruit or 100% Fruit Juice</p> <p>***Milk Choice each day 1% White or Fat Free Chocolate and Strawberry</p>	<p><b>Choice of One:</b> Cheeseburger on WG Bun Jennie-O Turkey &amp; Cheese Wrap PB&amp;J Uncrustable Boxed Meal</p> <p><b>Sides:</b> Baked French Fries Lettuce/Tomato/Pickle Sliced Peaches Fresh Fruit or 100% Fruit Juice</p>	<p><b>Choice of One:</b> Tony's Pizza Choice Jennie-O Turkey Ham &amp; Cheese on WG PB&amp;J Uncrustable Boxed Meal</p> <p><b>Sides:</b> Romaine Garden Salad, Corn Pineapple Tidbits Fresh Fruit or 100% Fruit Juice <i>(Nov. - March)</i> Tony's Pizza Choice Corndog PB&amp;J Uncrustable Boxed Meal <b>*Sides Listed Above</b></p>	<p><b>Choice of One:</b> Beef Taco's (Soft or Hard Shell) Ham &amp; Cheese on WG Bread PB&amp;J Uncrustable Boxed Meal</p> <p><b>Sides:</b> Lettuce/Tomato/Cheese Spanish Rice, Refried Beans Strawberries, Fresh Fruit or 100% Juice <i>(Nov. - March)</i> Cheesy Chicken Casserole w/Garlic Bread Ham &amp; Cheese on WG Bread PB&amp;J Uncrustable Boxed Meal Salad, Corn, Fruit Choices or 100% Juice</p>	<p><b>Choice of One:</b> Salisbury Steak w/Gravy &amp; WG Biscuit Jennie-O Turkey Sandwich on WG PB&amp;J Uncrustable Boxed Meal</p> <p><b>Sides:</b> Scalloped Potatoes or Rice Pilaf Lima Beans Romaine Garden Salad Mandarin Oranges Fresh Fruit or 100% Fruit Juice <b>Dessert</b></p>
<b>WEEK 2</b>	<p><b>Choice of One:</b> Tyson Chicken Rings Hot Ham &amp; Cheese on WG Bread PB&amp;J Uncrustable Boxed Meal</p> <p><b>Sides:</b> Mashed Potatoes Steamed Broccoli w/Cheese Mixed Berry Fruit Cup Fresh Fruit or 100% Fruit Juice</p> <p>***Milk Choice each day 1% White or Fat Free Chocolate and Strawberry</p>	<p><b>Choice of One:</b> Sloppy Joe on WG Bun Hot Dog on WG Bun PB&amp;J Uncrustable Boxed Meal</p> <p><b>Sides:</b> Baked French Fries Glazed Carrots Strawberries Fresh Fruit or 100% Fruit Juice</p>	<p><b>Choice of One:</b> Tony's Pizza Choice BBQ Rib w/Texas Toast PB&amp;J Uncrustable Boxed Meal</p> <p><b>Sides:</b> Romaine Garden Salad Carrot &amp; Celery Sticks w/Dip Blueberries Fresh Fruit or 100% Fruit Juice</p>	<p><b>Choice of One:</b> Spaghetti w/Breadstick Breakfast Chicken on WG Bun PB&amp;J Uncrustable Boxed Meal</p> <p><b>Sides:</b> Romaine Garden Salad Green Beans Pineapple Tidbits Fresh Fruit or 100% Fruit Juice <i>(Nov. - March)</i> Chili w/Crackers and Choice of Sandwich or PB&amp;J Uncrustable Boxed Meal <b>*Sides Listed Above</b></p>	<p><b>Choice of One:</b> Fish Nuggets BBQ on WG Bun PB&amp;J Uncrustable Boxed Meal</p> <p><b>Sides:</b> White Beans or Baked Beans Macaroni &amp; Cheese Mandarin Oranges Fresh Fruit or 100% Fruit Juice <b>Dessert</b></p>
<b>WEEK 3</b>	<p><b>Choice of One:</b> General Tso Chicken w/Sauce &amp; Rice Jennie-O Turkey on WG Bread PB&amp;J Uncrustable Boxed Meal</p> <p><b>Sides:</b> Romaine Garden Salad Egg Roll Green Beans Sliced Peaches Fresh Fruit or 100% Fruit Juice</p> <p>***Milk Choice each day 1% White or Fat Free Chocolate and Strawberry</p>	<p><b>Choice of One:</b> <u>Breakfast for Lunch</u> Sausage, Egg &amp; Cheese Biscuit Pancakes w/Sausage Links PB&amp;J Uncrustable Boxed Meal</p> <p><b>Sides:</b> Breakfast Potatoes Strawberry Cup Fresh Fruit or 100% Fruit Juice</p>	<p><b>Choice of One:</b> Bosco Cheese Breadsticks or WG Cheesy Bread Ravioli w/Meat Sauce PB&amp;J Uncrustable Boxed Meal</p> <p><b>Sides:</b> Romaine Garden Salad Assorted Fresh Veggies w/Dip Marinara Dipping Sauce Applesauce Fresh Fruit or 100% Fruit Juice</p>	<p><b>Choice of One:</b> Beefy Nacho's Supreme Chicken Quesadilla PB&amp;J Uncrustable Boxed Meal</p> <p><b>Sides:</b> Lettuce/Tomato Toppings Refried Beans, Salsa Corn Peach Cup Fresh Fruit or 100% Fruit Juice</p>	<p><b>Choice of One:</b> <u>Sack Lunch</u> <b>Choice of One:</b> PB&amp;J Uncrustable Turkey &amp; Cheese on WG Bread <b>Included in Bag:</b> Baked Potato Chips, Fresh Fruit, Fresh Veggies w/Dip, Dessert</p>

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School Lunch  
LET'S GROW HEALTHY

<b>August '19</b>
Wk 1: 8/14-8/16
Wk 2: 8/19-8/23
Wk 3: 8/26-8/30
<b>September '19</b>
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