










HAWTHORN SCHOOL DISTRICT MENU
ELEMENTARY BREAKFAST Oct.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Breakfast Breakfast Pizza Bagel 25g French Toast Stix 27g Cereal 13 - 18g Graham Crackers 17g Cosmic Potato Creations 26g Fresh Apple 18g	4 Breakfast <i>Bcn, Egg, & Cheese Pizza 23g</i> French Toast Stix 27g Cereal 13 - 18g Graham Cracker pkt 17g Cosmic Potato Creations 26g 100% 4 oz Orange Juice Cup 13g	5 Breakfast Sausage Bagelwich 16g French Toast Stix 27g Cereal 13 - 18g Graham Cracker pkt 17g Cosmic Potato Creations 26g Fruit Cup	6 Breakfast <i>Sausage & Gravy Brkfst. Pizza 25g</i> French Toast Stix 27g Cereal 13 - 18g Graham Cracker pkt 17g Cosmic Potato Creations 26g 100% 4 oz Apple Juice 13g	7 Breakfast Scrambled Eggs w/Cheese 3g French Toast Stix 27g Cereal 13 - 18g Graham Cracker pkt 17g Cosmic Potato Creations 26g Fruit Cup
10 No School 	11 Breakfast <i>Bcn, Egg, & Chse Brkfst Pizza 23g</i> Waffle Stix 28g Cereal 13 - 18g Graham Cracker pkt 17g Potato Smiles 20g 100% 4 oz Orange Juice Cup 13g	12 Breakfast Cinnamon Texas Toast 47g Waffle Stix 28g Cereal 13 - 18g Graham Cracker pkt 17g Potato Smiles 20g Fruit Cup	13 Breakfast <i>Sausage & Grvy Brkfst. Pizza 25g</i> Waffle Stix 28g Cereal 13 - 18g Graham Cracker pkt 17g Potato Smiles 20g Fruit Cup	14 Breakfast Breakfast Pizza Bagel 25g Waffle Stix 28g Cereal 13 - 18g Graham Cracker pkt 17g Potato Smiles 20g 100% 4oz Apple Juice
17 Breakfast Mini Pancakes 30g Sunrise Breakfast Burrito 17g Cereal 13 - 18g Graham Cracker pkt 17g Cosmic Potato Creations 26g 100% 4 oz Apple Juice 13g	18 Breakfast <i>Bcn, Egg, & Chse Brkfst. Pizza 23g</i> Sunrise Breakfast Burrito 17g Cereal 13 - 18g Graham Cracker pkt 17g Cosmic Potato Creations 26g 100% 4 oz Orange Juice Cup 13g	19 Breakfast Mini Pancakes 30g Sunrise Breakfast Burrito 17g Cereal 13 - 18g Graham Cracker pkt 17g Cosmic Potato Creations 26g Fruit Cup	20 Breakfast <i>Sausage & Grvy Brkfst Pizza 25g</i> Sunrise Breakfast Burrito 17g Cereal 13 - 18g Graham Cracker pkt 17g Cosmic Potato Creations 26g 100% 4 oz Apple Juice 13g	21 Breakfast Cinnamon Texas Toast 47g Sunrise Breakfast Burrito 17g Cereal 13 - 18g Graham Cracker pkt 17g Cosmic Potato Creations 26g Fruit Cup
24 Breakfast Mini Pancake Wraps 18g Sausage & Cheese Bagelwich 17g Cereal 13 - 18g Graham Cracker pkt 17g Potato Smiles 20g Fruit Cup	25 Breakfast <i>Bcn, Egg, & Chse Brkfst Pizza 23g</i> Sausage & Cheese Bagelwich 17g Cereal 13 - 18g Graham Cracker pkt 17g Potato Smiles 20g 100% 4 oz Orange Juice Cup 13g	26 Breakfast Sunrise Breakfast Burrito 17g Sausage & Cheese Bagelwich 17g Cereal 13 - 18g Graham Cracker pkt 17g Potato Smiles 20g Fruit Cup	27 Breakfast <i>Sausage & Grvy Brkfst Pizza 25g</i> Sausage & Cheese Bagelwich 17g Cereal 13 - 18g Graham Cracker pkt 17g Potato Smiles 20g 100% 4 oz Apple Juice 13g	28 Breakfast Colby Cheese Omelet 2g Sausage & Cheese Bagelwich 17g Cereal 13 - 18g Graham Cracker pkt 17g Potato Smiles 20g Fruit Cup
31 Breakfast French Toast Stix 27g Mini Pancakes 30g Cereal 13 - 18g Graham Cracker pkt 17g Cosmic Potato Creations 26g Fresh Apple 18g				
REMEMBER TO SIGN UP FOR YOUR FREE AND REDUCED STUDENT MEALS	Student Breakfast: \$1.20 Reduced Breakfast \$0.60 Juice \$0.60	Bottled Water \$1.00 Milk \$0.40 #g = carb value		

HAWTHORN SCHOOL DISTRICT MENU

ELEMENTARY Aug-Sept

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>REMEMBER TO SIGN UP FOR YOUR FREE AND REDUCED STUDENT MEALS</p>  <p>Student Lunch \$2.50</p> <p>Reduced Lunch \$0.40</p> <p>Milk \$0.40</p> <p>Juice Cup \$0.60</p> <p>Bottled Water \$1.00</p> <p>Fun on The Run includes Yogurt 17g String Cheese 0g Graham Crackers or Tortilla Chips 17g Fruit and Vegetable Choices Milk Choice Milk available for all meals</p> <p>#g is approx carb value w/o condiments</p> <p><i>Italicized items may contain pork</i></p>  						
		3	4	5	6	7
	Lunch	Mini Pancakes w/ Sausage Patty 18g Chicken Tenders 15g w/ Cosmic Potato Creations 26g Garden Salad 10g w/Breadstick 28g Turkey Ham and Cheese Bagelwich 50g Fun on The Run Milk Choice	Cheeseburger on a Bun 31.5g Chicken Tenders 15g w/ Cosmic Potato Creations 26g Asian Chicken Salad 32g w/Roll 19g Soybutter & Jelly on Wheat 57g Fun on The Run Milk Choice	Chicken Patty on Bun 40g or Chicken Tenders 15g w/ Cosmic Potato Creations 26g Chef Salad 9g w/ Breadstick 28g or Veggie and Cheese Wrap 42g or Fun on The Run Milk Choice	Mac & Cheese 48g w/Breadstick 28g Chicken Tenders 15g w/ Cosmic Potato Creations 26g Chicken Caesar Salad 20g w/Roll 19g Super Turkey Club 50g Fun on The Run Milk Choice	Tony's Cheese Pizza 36g or Chicken Tenders 15g w/ Cosmic Potato Creations 26g BBQ Chicken Salad 33g w/Roll 19g or Three Cheese Sub 38g Fun on The Run Milk Choice
		10	11	12	13	14
	No School		Grilled Cheese Sandwich 24g Mini Corn Dogs 27g or Asian Chicken Salad 23g w/Roll 19g Soybutter & Jelly on Wheat 57g Fun on The Run Milk Choice	Spaghetti w/Meatballs 60g w/Breadstick 28g Mini Corn Dogs 27g or Chef Salad 9g w/ Breadstick 28g or Veggie and Cheese Wrap 42g or Fun on The Run Milk Choice	Beef Ravioli 40g Mini Corn Dogs 27g or Chicken Caesar Salad 20g w/Roll 19g Three Cheese Sub 38g Fun on The Run Milk Choice	Tony's Cheese Pizza 36g or Mini Corn Dogs 27g or BBQ Chicken Salad 33g w/Roll 19g or Turkey Ham and Cheese Bagelwich 50g Fun on The Run Milk Choice
		17	18	19	20	21
	Lunch	Salisbury Steak 4g w/ Mashed Potato 22g Chicken Nuggets 15g w/ pretzel 14g Garden Salad 10g w/Breadstick 28g Turkey Ham and Cheese Bagelwich 50g Fun on The Run Milk Choice	Nachos 16g w/Meat 5g & Cheese Sauce 3g Chicken Nuggets 15g w/pretzel 14g or Asian Chicken Salad 23g w/Roll 19g Soybutter & Jelly on Wheat 57g Fun on The Run Milk Choice	Turkey Burger w/Lettuce & Tomato 30g Chicken Nuggets 15g w/pretzel 14g or Chef Salad 9g w/ Breadstick 28g or Veggie and Cheese Wrap 42g or Fun on The Run Milk Choice	Mini Pancakes 30g w/ Sausage 18g Chicken Nuggets 15g w/pretzel 14g or Chicken Caesar Salad 20g w/Roll 19g Super Turkey Club 50g Fun on The Run Milk Choice	Tony's Cheese Pizza 36g or Chicken Nuggets 15g w/pretzel 14g or BBQ Chicken Salad 33g w/Roll 19g or Three Cheese Sub 38g Fun on The Run Milk Choice
	24	25	26	27	28	
Lunch	Cheeseburger on Bun 31.5g Tony's Cheese Pizza 36g or Garden Salad 10g w/Breadstick 28g Turkey Ham and Cheese Bagelwich 50g Fun on The Run Milk Choice	Soft Shell Tacos w/Lettuce & Cheese 36g Tony's Cheese Pizza 36g or Asian Chicken Salad 23g w/Roll 19g Soybutter & Jelly on Wheat 57g Fun on The Run Milk Choice	Chick. Ndl. Soup 39gw/Soft Wheat Pretzel 14g Tony's Cheese Pizza 36g or Chef Salad 9g w/ Breadstick 28g or Veggie and Cheese Wrap 42g or Fun on The Run Milk Choice	Egg & Cheese English Muffin 27g Tony's Cheese Pizza 36g or Chicken Caesar Salad 20g w/Roll 19g Super Turkey Club 50g Fun on The Run Milk Choice	Tony's Sausage Pizza 36g or Tony's Cheese Pizza 36g or BBQ Chicken Salad 33g w/Roll 19g or Three Cheese Sub 38g Fun on The Run Milk Choice	
	31					
Lunch	Sloppy Joe on Bun 30g Chicken Stix 9g w/Breadstick 28g Garden Salad 10g w/Breadstick 28g Turkey Ham and Cheese Bagelwich 50g Fun on The Run Milk Choice					