

Elementary Transport Menu



LOSDnutrition.org

March 2 – May 29, 2026

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Week 1
3/2-6
3/23-27
4/13-17
5/4-8
5/26-29

Breakfast & Lunch

Consists of the Following Components:
1 Grain - 1 Additional Grain or a Meat/Meat Alternative - 1 Fruit - 1 Vegetable (Lunch) - 1 Milk

*3 must be taken and 1 Component must be 1/2 cup Fruit/Vegetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Cereal* Offered Daily.				
Mini Pancakes*	Nutri-Grain Bar w/Graham*	Smoothie w/Graham*	Homemade Double Chocolate Muffin*	Yogurt Cup w/ Graham*
Lunch				
Chicken Mini Corn Dogs, Smoothie Protein Meal*	Hamburger, Macaroni & Cheese*	Crispy Chicken Patty Sandwich, Veg. Charcuterie Cup*	Teriyaki Chicken w/Rice, Green Chile Burrito*	Nachos w/Tortilla Chips*, Yogurt Parfait*
Snack & Supper				
<u>Snack:</u> Doritos Chips & Paradise Punch <u>Supper:</u> Chicken Patty Sandwich**	<u>Snack:</u> Goldfish Crackers & Cheese Stick <u>Supper:</u> Pepperoni Pizza Stuffed Sandwich**	<u>Snack:</u> Sweet Crackers & 1% Milk <u>Supper:</u> Cheese Pizza*	<u>Snack:</u> Graham Crackers & Chocolate No-Nut Butter <u>Supper:</u> Mozzarella Breadsticks*	<u>Snack:</u> Sunflower Seeds & Fresh Fruit <u>Supper:</u> WOWbutter Sandwich Protein Meal*

WEEK ONE

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast - Cereal* Offered Daily.				
Oatmeal Bar w/ Graham*	Fruit Frudel*	Strawberry Yogurt Parfait*	Homemade Cinnamon Roll*	Pan Dulce*
Lunch				
Chicken Smackers with a Biscuit, Cheese Pizza*	Texas Straw Hat, Grilled Cheese Sandwich*	Cheeseburger, Nachos w/Tortilla Chips*	Crispy Chicken Patty Sandwich, WOWbutter Sandwich Protein Meal*	Chicken Mini Corn Dogs, Layered Bean Dip w/Chips*
Snack & Supper				
<u>Snack:</u> Cheez-It Cracker & Fruit Juice <u>Supper:</u> Grilled Cheese Sandwich*	<u>Snack:</u> Graham Crackers & 1% Milk <u>Supper:</u> Cheese Pizza*	<u>Snack:</u> Goldfish Crackers & Cheese Stick <u>Supper:</u> Mozzarella Quesadilla*	<u>Snack:</u> Sunflower Seeds & Fresh Fruit <u>Supper:</u> Bean & Cheese Burrito*	<u>Snack:</u> Sweet Crackers & Yogurt Cup <u>Supper:</u> WOWbutter Sandwich*

Week 2
3/9-13
3/30-4/3
4/20-24
5/11-15

Breakfast & Lunch

At least 80% of our grains are Whole Grain rich

EVERY DAY we also offer:
1% White Milk - Non Fat Chocolate Milk
Fresh, local fruits & vegetables!

Week 3
3/16-20
4/6-10
4/27-5/1
5/18-22

Snack & Supper

Supper Consists of 5 Food Components:
1/4 cup Fruit
1/2 cup Vegetable
Whole Grain Item
Meat/ Meat Alternative
Milk
*3 must be taken

*Snack Consists of 2 Food Components. Both Need to be Taken.

We Offer at Least One Whole Grain Item Daily

All Snacks are Vegetarian
1% White Milk -

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast -Cereal* Offered Daily.				
Cinnamon Raisin Bagel w/Cream Cheese*	WOWbutter Sandwich*	Apple Hand Pie*	Homemade Banana Chocolate Chip Muffin*	Breakfast Pops w/ Syrup*
Lunch				
Chicken & Waffle Sandwich, Nachos w/Tortilla Chips*	Chicken Smackers with a Biscuit, Mozzarella Breadsticks*	Deli Turkey & Cheese Sandwich, Cheese Pizza*	Hot Dog, Mozzarella 'Dilla*,	Lasagna w/ Breadstick*, WOWbutter Sandwich*
Snack & Supper				
<u>Snack:</u> Cheez-It Cracker & Paradise Punch <u>Supper:</u> Cheese Pizza*	<u>Snack:</u> Doritos Chips & Fruit Juice <u>Supper:</u> Pepperoni Stuffed Sandwich**	<u>Snack:</u> Corn Crunchers & Fresh Fruit <u>Supper:</u> Green Chili Burrito*	<u>Snack:</u> Graham Crackers & 1% Milk <u>Supper:</u> Grilled Cheese Sandwich*	<u>Snack:</u> Hertzel Pretzels & Fresh Fruit <u>Supper:</u> Yogurt Protein Meal*

WEEK THREE

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Menu Items Subject to Substitution by Items of Equal Nutritional Value *Vegetarian **Vegetarian Option Available + Contains Pork