



MAY 2024

KALKASKA'S ELEMENTARY SCHOOL MENU



Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Sloppy Joe w/ WG Bun Cole Slaw/Corn Pears Milk Choice	Chicken Nuggets w/ WG Roll Sweet Potato Fries Chilled Pineapple Milk Choice	Cheeseburger w/ WG Bun Baked Beans Slush Cups 1% Milk Choice
Wild Mikes Bosco Bites Fresh Broccoli Orange Wedges Milk Choice	Grilled Cheese Sandwich Tomato Soup Fresh Grapes Milk Choice	Chicken Nuggets Mashed Potato Fresh Melon/ Veggie WG Roll Milk Choice	Soft Tacos Lettuce/Salsa Refried Bean/Rice Chips/ Mixed Fruit Milk Choice	Hot Dog w/ WG Bun Baked Beans / Cole Slaw Orange Wedges Milk Choice
BC Pizza Garden Salad Mixed Fruit Teddy Gram Crackers Milk Choice	Pancakes Sausage Patty or Omelet Smiley Potatoes Apple Sauce Milk Choice	Beef Bites Butter Noodles WG Fruit Muffin Mandarin Oranges Milk Choice	Hamburger w/ WG Bun Smiley Fries Fresh Kiwi Milk Choice	Chicken Patty w/ WG Bun Cucumbers/Carrots Celery Fresh Melon 1% Milk Choice
Mini Calzone Fresh Broccoli Chilled Mixed Fruit Milk Choice	Chicken Tenders WG Dinner Roll Baked Beans Chilled Peaches Milk Choice	Beef & Bean Burrito Green Beans Fresh Melon Milk Choice	Chicken Sticks w/WG Roll Sweet Potato Puffs Banana Milk Choice	1/2 DAY BREAKFAST and SACK LUNCH
NO SCHOOL	Waffle Sausage Patty or Omelet Smiley Potato's Apple Sauce Milk Choice	Sloppy Joe w/ WG Bun Cole Slaw/Corn Pears Milk Choice	Chicken Nuggets w/ WG Roll Sweet Potato Fries Chilled Pineapple Milk Choice	Cheeseburger w/ WG Bun Baked Beans Slush Cups 1% Milk Choice

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Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
French Toast/Sausage Cereal & String Cheese 100 % Fruit Juice Fresh Fruit 1% or Skim Milk Choice	Breakfast Pizza Cereal & Hard Boiled Egg Applesauce Cup Fresh Fruit 1% or Skim Milk Choice	Waffle or Pancakes Cereal & String Cheese Pineapple cup Fresh Fruit 1% or Skim Milk Choice	1/2 Eng. Muffin/Ch. Omelet Cereal & Hard Boiled Egg Banana Fresh Fruit 1% or Skim Milk Choice	Donut or Cinn. Roll Cereal & String Cheese 100 % Fruit Juice Fresh Fruit 1% or Skim Milk Choice

Did you know?

Calcium is a macronutrient which means that your body needs a large amount of this.

Calcium is found in your bones, teeth and blood.

Vitamin D helps your body to absorb the calcium from the foods you eat, so it is important to have both calcium and vitamin D in



Milk, soybeans, yogurt and calcium fortified soy/rice milks or orange juice have both vitamin D and calcium.



Vitamin D is sometimes called the "sunshine vitamin"

because the sun can help your body make vitamin D.

Replace your pop or soda with a glass of milk or smoothie made with milk and yogurt for a healthy body.



BREAKFAST OFFERED EVERY MORNING IN THE CAFETERIA FROM 7:15-7:55