



Central Bucks School District Elementary School Breakfast Menu September 2019

2

**NO SCHOOL
LABOR DAY**

3

WELCOME BACK!

Jumbo Waffles

Fresh Fruit or 100% Juice
Choice of Milk

4

French Toast Sticks

Fresh Fruit or 100% Juice
Choice of Milk

5

Pancake Sausage Wrap

Fresh Fruit or 100% Juice
Choice of Milk

6

**Bacon, Egg & Cheese
Bagel**

Fresh Fruit or 100% Juice
Choice of Milk

9

**Breakfast Scrambled
Egg & Cheese Bowl**
w/ Toast

Fresh Fruit or 100% Juice
Choice of Milk

10

French Toast Sticks

Fresh Fruit or 100% Juice
Choice of Milk

11

**Mini Bagels w/
Strawberry Cream
Cheese**

Fresh Fruit or 100% Juice
Choice of Milk

12

**Egg & Cheese English
Muffin**

Fresh Fruit or 100% Juice
Choice of Milk

13

Mini Pancakes

Fresh Fruit or 100% Juice
Choice of Milk

16

**Bacon, Egg & Cheese
English Muffin**

Fresh Fruit or 100% Juice
Choice of Milk

17

Mini Waffles

Fresh Fruit or 100% Juice
Choice of Milk

18

**Ham, Egg & Cheese
Bagel**

Fresh Fruit or 100% Juice
Choice of Milk

19

Mini Cinni Sticks

Fresh Fruit or 100% Juice
Choice of Milk

20

**Egg & Cheese on a
Bagel**
Hash Brown Patty

Fresh Fruit or 100% Juice
Choice of Milk

23

Jumbo Waffles

Fresh Fruit or 100% Juice
Choice of Milk

24

Pancake Sausage Wrap

Fresh Fruit or 100% Juice
Choice of Milk

25

**Breakfast Scrambled
Egg & Cheese Bowl**
w/ Toast

Fresh Fruit or 100% Juice
Choice of Milk

26

**Mini French Toast
Squares**
Hash Brown Patty

Fresh Fruit or 100% Juice
Choice of Milk

27

**Bacon, Egg & Cheese
Bagel**

Fresh Fruit or 100% Juice
Choice of Milk

30

**NO SCHOOL
Rosh Hashanah**

Build your Snack Pack & Go!

- Pick **One** Of The Following Items: Cereal , Muffins , Breakfast Bars, or Poptarts
- Choose **One** Of The Following Items: Animal Crackers, Goldfish, Cheez-Its or Low Fat String Cheese
- Pick **One** Of The Following Fruit Items: Whole Fresh Fruit or 100% Fruit Juice

**All Snack Packs Come with a 8oz Bottle of Water
and a Choice of Milk**

Snack Packs are the same price as Breakfast!

= Vegetarian Meal
Choice

= Gluten Free

Breakfast Meal Prices: \$1.65 Full; \$0.30 Reduced

To make a meal students must select 3 of 4 items.
At least one item must be a ½ cup fruit or 100% fruit juice. Meals
without a fruit component will be charged a la carte pricing.

Milk-All choices are rBST Hormone free:
Nonfat Flavored Chocolate or Strawberry, 1% White

Available Daily:

Students may select from the following options;
Assorted Whole Grain Cereal, Gluten Free Cereal , Muffins,
Breakfast Bars and Whole Grain Bagel with spread or
Lowfat Yogurt with a Cheese Stick.

Central Bucks School District- Elementary School Lunch Menu- September 2019

Monday Alternate
Cheese Ravioli **V**

Tuesday Alternate
Chicken Patty Sandwich
GF Chicken Sandwich Available

Wednesday Alternate
Cheese **V** or Pepperoni Pizza
GF Pizza Available

Thursday Alternate
Beef Nachos **GF**
or Bean **V** Nachos **GF**

Friday Alternate
Corn Dog on a Stick

2
NO SCHOOL
LABOR DAY

3 **WELCOME BACK**
Pizza Sticks with Marinara Sauce **V**
Greek Salad **V**
Turkey & Cheese Sandwich
~~~~~SIDES~~~~~  
Green Peas  
Leafy Green Salad  
Applesauce

**4**  
Cheeseburger  
Greek Salad **V**  
Turkey & Cheese Sandwich  
~~~~~SIDES~~~~~  
Green Beans
Cucumber Slices
Fresh Grapes
GF Burger Available

5
Chicken Nuggets
Greek Salad **V**
Turkey & Cheese Sandwich
~~~~~SIDES~~~~~  
Corn  
Celery Sticks  
Orange Wedges  
*GF Chicken Tenders Available*

**6** **LUCKY TRAY DAY**  
Grilled Cheese **V**  
Greek Salad **V**  
Turkey & Cheese Sandwich  
~~~~~SIDES~~~~~  
Mixed Vegetables
Baby Carrots
Raisin Box
GF Grilled Cheese Available

9
Chicken Drumstick
Caesar Salad
Ham & Cheese Sandwich
~~~~~SIDES~~~~~  
Broccoli  
Celery Sticks  
Peaches  
*GF Chicken Tenders Available*

**10**  
Cheese Quesadilla **V**  
Caesar Salad  
Ham & Cheese Sandwich  
~~~~~SIDES~~~~~  
Corn
Pepper Strips
Blueberries
GF Quesadilla Available

11
Chicken Cheesesteak
Caesar Salad
Ham & Cheese Sandwich
~~~~~SIDES~~~~~  
Baked French Fries  
Tomato Cucumber Salad  
Pears  
*GF Cheesesteak Available*

**12**  
Popcorn Chicken  
Caesar Salad  
Ham & Cheese Sandwich  
~~~~~SIDES~~~~~  
Mixed Vegetables
Grape Tomatoes
Fruit Cocktail

13
Spaghetti **V** & Meatballs
Garlic Bread Stick
Caesar Salad
Ham & Cheese Sandwich
~~~~~SIDES~~~~~  
Green Beans  
Cucumber Slices  
Apple Slices  
*GF Hot Dog Available*

**16**  
Teriyaki Chicken over Brown Rice  
Buffalo Chicken Salad  
Cheese Sandwich **V**  
~~~~~SIDES~~~~~  
Mixed Vegetables
Leafy Green Salad
Orange Wedges

17
Mini Pancakes **V**
Sausage Patty
Buffalo Chicken Salad
Cheese Sandwich **V**
~~~~~SIDES~~~~~  
Tater Tots  
Celery Sticks  
Fresh Grapes

**18**  
Chicken BLT Sandwich  
Buffalo Chicken Salad  
Cheese Sandwich **V**  
~~~~~SIDES~~~~~  
Green Beans
Pepper Strips
Peaches
Bruschetta Pizza

19
Turkey Hot Dog
Buffalo Chicken Salad
Cheese Sandwich **V**
~~~~~SIDES~~~~~  
Corn  
Cucumber Slices  
Blueberries  
*GF Hot Dog Available*

**20** **Ace's Birthday Bash**  
Meatball Sub  
Buffalo Chicken Salad  
Cheese Sandwich **V**  
~~~~~SIDES~~~~~  
Broccoli
Mixed Bean Salad
Apple Slices
GF Chicken Tenders Available
Fruit Parfait Cup **GF** **V**

23
Philly Cheesesteak **GF**
Chef Salad **V**
Chicken Caesar Wrap
~~~~~SIDES~~~~~  
Green Peas  
Grape Tomatoes  
Raisin Box  
*GF Cheesesteak Available*

**24** *Featured Flavor*  
Chicken Tikka Masala over Brown Rice **GF**  
Chef Salad **V**  
Chicken Caesar Wrap  
~~~~~SIDES~~~~~  
Sautéed Peppers & Onions
Celery Sticks
Whole Apple

25
Popcorn Chicken
Chef Salad **V**
Chicken Caesar Wrap
~~~~~SIDES~~~~~  
Broccoli  
Tomato Cucumber Salad  
Peaches  
*GF Chicken Tenders Available*

**26** **LUCKY TRAY DAY**  
Make Your Own Pizza **V**  
Chef Salad **V**  
Chicken Caesar Wrap  
~~~~~SIDES~~~~~  
Corn
Leafy Green Salad
Fruit Cocktail
GF Pizza Available

27
French Toast Sticks **V**
Sausage Patty
Chef Salad **V**
Chicken Caesar Wrap
~~~~~SIDES~~~~~  
Tater Tots  
Fresh Broccoli  
Orange Wedges  
*GF Burger Available*

**30**  
**NO SCHOOL**  
Rosh Hashanah

We've gone DIGITAL!  
Check out our new online menus  
Visit:  
[www.cbsd.nutrislice.com](http://www.cbsd.nutrislice.com)  


All our menus meet the National School Lunch Daily Nutritional Standards!  
≤650 calories  
≤10% saturated fat  
≤935mg sodium

What is Fuel?  
Monthly Food trends that add fun and colorful items to the lunch menus. Inspired by popular food items that are specially formulated to meet School Lunch requirements.  


**V** = Vegetarian  
**GF** = Gluten Free  
 = Fuel Item of Month  
Majority of our products are tree nut/peanut free except for the prepackaged PBJ pack

**Lunch Prices: \$2.60 Full; \$0.40 Reduced**  
To make a meal, students must select foods from at least 3 different food groups with one of the items being a ½ cup fruit, ½ cup vegetable or a 4 oz. 100% fruit juice. Students may select up to 1 cup of vegetables but only ½ c fruit or 100% fruit juice. Meals without a fruit or vegetable will be charged a la carte pricing.  
Menu subject to change without notice due to product availability

**Offered Daily:** PBJ Pack **V**, Yogurt & Cheese Stick w/ Pretzel **V**  
**Milk:** All Choices are rBST Hormone Free: Nonfat Flavored Chocolate or Strawberry and 1% White  
**Selection of Fresh Fruits and Vegetables are offered daily. Options may include:** applesauce, apple slices, peaches, pears, pineapple, raisins, mandarin oranges, grapes, oranges, leafy green salad, mixed bean salad, tomatoes, cucumbers, celery, corn, carrots, broccoli, peas and peppers.