






2022 / 2023 Princeton Elementary School Breakfast in Classroom & Lunch Cycle Menu		Offer vs Serve		
Calories K-5 550-650 Day (lunch)	* Note Substitutions are happening daily due to availability of menu items.		5 Components offered at lunch	
Sodium K-5 ≤ 1230	Menus are subject to change daily.		Students must take a fruit or vegetable	
Feb 16 - 20 No students	Breakfast in classroom: LH, SH, HH	February	February 16 - 20, 2023 No Students	
Monday	TUESDAY	WEDNESDAY	THURSDAY	
Friday				
Pop Tart Kit 2 GR 1 Juice	Raspberry Cream Bar Kit 2 GR 1 Juice	WG Cereal Bowl Kit 2 GR 1 Juice	Scoopy Kit 2 GR 1 Juice	WG Rice Krispie Treat Kit
Fresh Fruit	Raisin	Fresh Fruit	Raisin	Fresh Fruit
Milk	Milk	Milk	Milk	Milk
Cycle 1 Jan 30 - Feb 3				
Cycle 2 Feb 6 - 10	Condiments info for Lunch			
Cycle 3 Feb 13 - 15	12 g FF Ranch 2 9 g Ketchup	7 g Hot Sauce 0		
Cycle 4 Feb 21 - 24	12 g BBQ Sauce 5	5.5 g Mustard 0		
2 GR 2 M/MA Cycle 1 1/30	2 GR 2 M/MA 1/31	2 GR 2 M/MA 2/1	2 GR 2 M/MA 2/2	2 GR 2 M/MA 2/3
6 pcs WG Mini Corndogs 33	WG Grilled Cheese 31	5 pcs WG Chicken Nuggets	WG Cheese Pizza 35	2 - 6" WG Bosco Sticks 28
Vegetarian Baked Beans (bean) 30	Corn (starch) 17	WG Corn Muffin	Broccoli 2 (green)	Marinara Dipping Sauce (Red/Orange) 4
Carroteens (Red / Orange) 7	Tossed Salad w/ FF Ranch	California Mix	1 c Tossed Salad w/ FF Ranch	Green Beans (Other) 4
Applesauce 22	Banana	Wango Mango	Craisins	Applesauce 18
1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	Applesauce	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24
Mustard / Ketchup		1 c Choice of Milk		
2 GR 2 M/MA Cycle 2 2/6	2 GR 2 M/MA 2/7	2 GR 2 M/MA 2/8	2 GR 2 M/MA	2 GR 2 M/MA 2/9
WG Chicken Patty	WG Taco Stick 32	3 pcs WG Calzonettes 40	3 pcs WG Chicken Tenders 16	4 pcs WG Breadstick Cheese Bites 28
1 oz WG Biscuit	Refried Beans (Bean) 16	Marinara Dipping Sauce (Red/Orange)	WG Corn Muffin 29	Marinara Dipping Sauce (Red/Orange) 4
1/2 Mixed Greens (green)	Salsa Cup (Red/Orange) 6	1 c Tossed Salad w/ FF Ranch	Broccoli 2 (green)	Green Beans (Other) 4
Carroteens (Red / Orange) 7	Sliced Apples	Banana	Carroteens (Red/Orange) 7	Raisins
100% Fruit Juice	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	Applesauce	1 c Choice of Milk 11-24
1 c Choice of Milk 11-24			1 c Choice of Milk 11-24	
2 GR 2 M/MA Cycle 3 2/13	2 GR 2 M/MA 2/14	2 GR 2 M/MA 2/15	2/16	2 GR 2 M/MA 2/17
2 oz Turkey Frank on WG Hot Dog Bun 22	2 - 1.05 oz Turkey Sausage 0	WG Cheese Pizza 35		
Vegetarian Baked Beans (Bean) 30	WG Mini Choc Chip French Toast 35	Broccoli (Green) 2.5	PD Day No students	No students
Carroteens (Red/Orange) 7	1/2 c Corn (starch)	Carroteens (red / orange)		
Applesauce 22	Carroteens 7 (red / orange)	Sliced Apples		
1 c Choice of Milk 11-24	Side Kick	1 c Choice of Milk 11-24		
Mustard / Ketchup	1 c Choice of Milk 11-24	President Dick & Jane Cookies		
2 GR 2 M/MA Cycle 4 2/20	2 GR 2 M/MA 2/21	2 GR 2 M/MA 2/22	2 GR 2 M/MA 2/23	2 GR 2 M/MA 2/24
	Uncrustable, String Cheese 28, 1	WG Turkey Pepp Pizza 35	WG Chicken Tenders 16	2 oz RF Taco Meat & Cheese Sauce Cup
	Goldfish Crackers 14	Mixed Vegetables 8	WG Corn Muffin 29	WG Tostitos Chips
	Tater Tots (Starch) 9 pcs 16	Broccoli (Green) 2.5	Baked Beans (Bean) 22	Salsa Dipping Sauce (Red/Orange)
	Carroteens (Red / Orange) 7	Mixed Fruit Applesauce 22	Carroteens (Red/Orange) 7	Corn (Starch)
	Applesauce 22	1 c Choice of Milk 11-24	Pears 19	Fruit Juice 14
	1 c Choice of Milk 11-24		1 c Choice of Milk 11-24	1 c Choice of Milk 11-24
Dairy	Fruit	Vegetables	Grains	Protein
1 cup milk offered daily	at least 1/2 c serving	at least 1/2 c serving	*entrees can contain both grains and proteins	*entrees can contain both grains and proteins
1% unflavored	no more than 1/2 c fruit component	may take 2 servings daily	K-5 9 servings	K-5 9 servings
fat free unflavored	*may be in the form of juice	*1 c tossed salad=1/2 c vegetable serving	6th-8th 9-10 servings per week	6th-8th 9-10 servings per week
1% flavored	1/4 c dried fruit = 1/2 c fruit	assorted vegetable daily	9th-12th 10-12 ounces per week	9th-12th 10-12 servings per week
This institution is an equal opportunity provider.				
Substitutions may be made depending on availability				