



2016-17 SYCAMORE ELEMENTARY CYCLE MENUS

Blue Ash; Maple Dale; Montgomery & Symmes Elementary Buildings

WEEKLY BREAKFAST MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Entrée:	Banana Pancakes	Egg & Cheese Omelet	Mini Cinni's	Blueberry Pancake on a Stick	Egg & Cheese Sandwich
Cold Entrée Options:	Assorted Cereal & WG Muffin	Assorted Cereal & Yogurt	Assorted Cereal & Breakfast Bar	Assorted Cereal & Boiled Egg	Assorted Cereal & Yogurt
Fruit & Milk Choices:	Daily assorted fruit (fresh and cut), 100% juice, 1% white, nonfat white, nonfat chocolate and nonfat chocolate (made with sucrose) milk will be offered to students.				

Students choose between 1 hot entrée or up to 2 cold entrée's and can pair the entrée with up to 2 fruit choices and milk. All must take 1 fruit choice. *Please Note: The cashier will ensure a proper meal is selected by the student. If not, they will be redirected to complete their breakfast, with the exception of **Milk Only purchases**, which will be sold to students for \$0.60. Smart Snack compliant a la carte items will also be sold. You can limit the sale of these items to your child. Please contact CNS at johnsonj@sycamoreschools.org to do so.

MONTHLY LUNCH MENU

NEW! Salad Bar offered Daily as a side, along with assorted fresh & cut fruit, 100% juice and these hot veggies listed below:

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Blue	Meatball Hoagie w/ Mozzarella Cheese Vegetable Medley	Popcorn Chicken & Mac N Cheese Green Beans	Cincinnati Chili 3 Way Red Beans & Diced Onions	Brunch For Lunch: French Toast Sticks & Egg Patty Hot Potatoes	Big Daddy's Pizza Slice Steamy Broccoli
Red	Pork Patty, WG Biscuit & Gravy Mashed Potatoes	Chicken Nuggets with Roll Green Beans	Grilled Cheese & Campbell's Tomato Soup Lemon Broccoli	Chicken Soft Taco w/ Cheese Black Beans & Corn	Cheese-filled Bread Stix w/ Pizza Dipping Sauce Sweet Potato Fries
Green	Brunch For Lunch: Waffle Sticks & Turkey Sausage Potato Smiles	Chicken Tenders with Roll Green Beans	Orange Chicken w/ Asian Rice Peas & Carrots	Cheesy-Quesadilla & Salsa Sweet Potato Fries	Big Daddy's Pizza Slice Mixed Veggies
Yellow	Cincinnati Chili Cheese Coney Baked Cinnamon Apples & Baked Beans	<i>Taste It Tuesday : Free Taste!</i> Chicken Nuggets with Roll Oven Roasted Potatoes	Pasta w/ Meat Sauce or Meatballs & Garlic Breadstick Green Beans	Chicken Broccoli Bowl over WG Noodles Steamy Carrots	Stuffed Crust Cheese Pizza California Blend (Carrots, Broccoli & Cauliflower)
Orange	Pulled Pork Sandwich Sweet Potato Fries	Smiley Face Chicken Patty w/ Roll Mashed Potatoes	Lasagna Roll Up & Garlic Breadstick Green Beans	Taco Meat, Cheese & Corn Chips Mexi-Cali Corn (Corn w/ Red Pepper)	Big Daddy's Pizza Slice Steamy Broccoli
Daily Entrée Alternates:	<ul style="list-style-type: none"> Hamburger/ Cheeseburger Deli Wrap: Turkey & cheese wrapped in a WG flour tortilla with low-fat sauce 	<ul style="list-style-type: none"> Uncrustable Moo Meal: Yogurt, Granola, String Cheese, Cheddar Goldfish 	<ul style="list-style-type: none"> Cheese Dog Deli Sandwich on WG Croissant 	<ul style="list-style-type: none"> Alternating Weeks: WG Chicken Corn Dog & Big Daddy's Pizza Veggie Pack: Hummus, Pita Bread, String Cheese & Veggies 	<ul style="list-style-type: none"> Alternating weeks: Grilled Chicken or Fish Sandwich Uncrustable

Daily Alternate Entrée Choice: Students have the option to select a protein (Egg or Ham/Turkey & Cheese) & grain (Cherry Crunch Bar or Banana Bread) to build their own entrée salad from the salad bar

All students purchasing a MEAL at lunch are required to select at least 1 serving of fruit or vegetable, but students may select up to 3 sides with a meal. The cashier will redirect students who have not met this requirement. In grades K-8, only students with a packed lunch or complete meal will be allowed to purchase a la carte items. Please ensure your student knows their student id number to expedite the line, feel free to contact CNS for your student's ID number at any time. Students are allowed to charge up to 2 meals. Once \$8.00 negative, students will be provided with a courtesy meal (Cheese sandwich, white milk, 2 vegetables at no cost) until the balance is paid. Emails, backpack fliers and hand stamps will be used to notify parents. Please set up a reminder in Parent Portal to receive email notifications when your student's balance is getting low.

Please note: Students are not required to take the hot vegetable with the entrée.

This new revamped menu kicks off Jan. 5

JANUARY						FEBRUARY					MARCH					APRIL					MAY								
Week	M	T	W	Th	F	Week	M	T	W	Th	F	Week	M	T	W	Th	F	Week	M	T	W	Th	F	Week	M	T	W	Th	F
Orange	2	3	4	5 A	6 B	Yellow			1 C	2 D	3 A	Green			1 B	2 C	3 D	Red	3 D	4 A	5 B	6 C	7 D	Blue	1 B	2 C	3 D	4 A	5 B
Blue	9 C	10 D	11 A	12 B	13 C	Orange	6 B	7 C	8 D	9 A	10 B	Yellow	6 A	7 B	8 C	9 D	10 A	Green	10 A	11 B	12 C	13 D	14	Red	8 C	9 D	10 A	11 B	12 C
Red	16	17 D	18 A	19 B	20 C	Blue	13 C	14 D	15 A	16 B	17 C	Orange	13 B	14 C	15 D	16 A	17 B	Yellow	17	18 A	19 B	20 C	21 D	Green	14 D	15 A	16 B	17 C	18 D
Green	23 D	24 A	25 B	26 C	27 D	Red	20	21 D	22 A	23 B	24 C		20	21	22	23	24	Orange	24 A	25 B	26 C	27 D	28 A	Yellow	22 A	23 B	24 C	25 D	
Yellow	30 A	31 B				Green	27 D	28 A				Blue	27 C	28 D	29 A	30 B	31 C	April 11 - Waste Less Lunch Closed: April 14 (Spring vacation day) & 17 (Prof. Dev. Day)					May 25 - Last day for students						
Jan. 5 - Return from Winter Break. Closed: Jan. 16 - Holiday						Closed: Feb. 20 - Holiday Feb. 28 - Waste Less Lunch					Closed: March 20-24 - Spring Break																		

Cycle Menu Rotation Key: Color indicates weekly cycle for lunch menu; Specials Coded A-E daily; Bold Days = 1st & Last day of school for students; Gray Color Square = School Closed

Sycamore Child Nutrition Services can be reached at 513.686.1796.

Email: Jessica Johnson via johnsonj@sycamoreschools.org

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District Facebook page: www.facebook.com/domain/492

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MEAL PRICES:

Breakfast - \$1.50; \$0.30 Reduced Price
Lunch - \$2.75; \$0.40 Reduced Price