



# WARRIOR CAFE'

Glenpool Elementary  
3rd ~ 5th Grade



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**3** B - Yogurt & GG Cereal Bar  
L - Pig in a Blanket  
Roasted Potatoes  
Baked Beans  
Spiced Pears

**ROTATION D**

**4** B - Scrambled Eggs w/ Toast  
L - Taco Burger  
Golden Nacho Chips  
Savory Salsa  
Orange Slices

**ROTATION A**

**5** B - Sausage Roll  
L - Mac & Cheese  
Warrior Blend Veggies  
Fresh Hot Baked Roll  
Mixed Fruit

**ROTATION B**

**6** B - Yogurt w/ Ubr Breakfast Cookie  
L - Popcorn Chicken  
Mashed Potatoes & Gravy, Fresh Hot Roll  
Green Beans, Banana

**ROTATION C**

**7** B - Mini Pancakes with Chicken Rings  
L - Cheese Pizza  
Pizza Greenies  
Romaine Salad  
Sorbet

**ROTATION D**

**ADDITIONALLY OFFERED DURING BREAKFAST:**  
VARIOUS CEREALS w/ TOAST  
FRESH FRUIT & 100% FRUIT JUICE  
LOW FAT & FAT FREE MILK  
100% FRUIT JUICE

**Additional Lunch Entree Offered**  
Mondays - Turkey Flatbread  
Tuesdays - Ham Panini  
Wednesdays - Grilled Cheese  
Thursdays - Ham Panini  
Fridays - Burritos

**This institution is an equal opportunity provider.**

Menu is subject to change.

**10** B - Pancake on a Stick  
L - Rotini Bake  
Steamed Broccoli  
Romaine Salad  
Roll, Sweet Pineapple

**ROTATION A**

**11** B - Ham & Cheese Breakfast Biscuit  
L - Beef & Bean Burrito  
Savory Salsa  
Happy Greens Salad  
Orange Slices

**ROTATION B**

**12** B - Breakfast Combo w/ Biscuit  
L - Sweet Sour Chicken  
WG Brown Rice  
Veggie Egg Roll  
Delicious Peaches

**ROTATION C**

**13** B - WG Super Donut w/ Sausage  
L - Chicken Strips  
Mashed Potatoes & Gravy, Fresh Hot Roll  
Mixed Fruit

**ROTATION D**

**14** B - Waffels w/ Bacon  
L - Mini Corn Dogs  
Golden Tater Tots  
Baked Beans  
Spiced Pears  
WG Rice Krispy Treat

**ROTATION A**

**17** B - Sausgae Gravy  
L - Spaghetti  
Broccoli, Hot Roll  
Romaine Salad  
Sweet Pineapple

**ROTATION B**

**18** B - Sausage Breakfast Biscuit  
L - Frito Chili Pie  
Savory Salsa  
Hot Corn  
Peaches

**ROTATION C**

**19** B - Yogurt & Strawberry ChexMix  
L - Hot Meatball Sub  
Seasoned Potatoes  
Hi-Protein Pinto Beans  
Delicious Grapes

**ROTATION D**

**20** B - Breakfast Burrito  
L - Steak Fingers  
Mashed Potatoes & Gravy, Fresh Hot Roll  
Peas, Pineapple

**ROTATION A**

**21** B - Cinnamon Roll  
L - Sausage Pizza  
Happy Greens Salad  
Baby Carrots  
Fresh Fruit Cup  
Wacky Cake

**ROTATION B**

**24** B - Breakfast Pizza  
L - BBQ Pork Rib  
French Fries  
Baked Beans  
Delicious Mixed Fruit

**ROTATION C**

**25** B - Sausage Breakfast Biscuit  
L - Nacho Supreme  
Savory Salsa  
Apple Pears

**ROTATION D**

**26** B - Cheese Omelet  
L - Mac & Cheese w/ Diced Ham  
Glazed Carrots  
Hot Fresh Baked Roll  
Spiced Pears

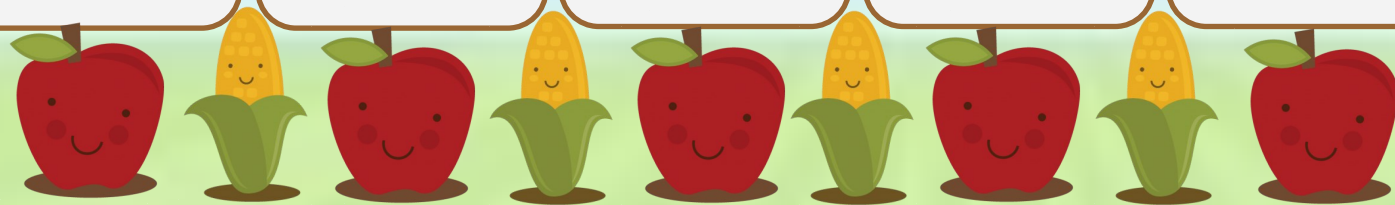
**ROTATION A**

**27** B - Apple Fruedal  
L - Chicken Filet  
Mashed Potatoes & Gravy, Fresh Hot Roll  
Sweet Peaches

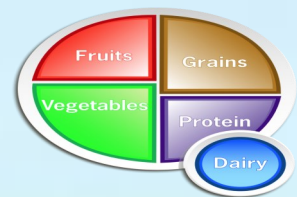
**ROTATION B**

**28** B - Pancakes w/ Sausgae  
L - Mini Cheesburger  
French Fries  
Romaine Salad  
Applesauce, WG Cookie

**ROTATION C**



What Makes a Lunch?  
Select 3-5 Components



One component must be a Fruit or Vegetable

