

# AUGUST 2019

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY									
MON		TUE		WED		THU	1	FRI	2
--BREAKFAST--									
NO SCHOOL									
--LUNCH--									
NO SCHOOL									
MON	5	TUE	6	WED	7	THU	8	FRI	9
--BREAKFAST--									
<b>WK 1</b> NO SCHOOL									
--LUNCH--									
NO SCHOOL									
Egg & Cheese Bun (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
Muffin (40g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
Bug Bite Crackers (21g) & Cheese Stick (1g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
--LUNCH--									
NO SCHOOL									
Pizza (36g) Salad w/Diced Tomatoes (3g), Seasonal Fruit (~15g)									
Tangerine Chicken (25g), Brown Rice (33g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g), Rice Crispy Treat (37g), Fortune Cookie (5g)									
Mac & Cheese (55g), Green Beans (4g), Sliced Apples (~15)									
MON	12	TUE	13	WED	14	THU	15	FRI	16
--BREAKFAST--									
<b>WK 2</b> Cinnamon Roll (42g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
--LUNCH--									
Tony's Sausage Bk Pizza (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
Morning Roll (17g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
French Toast Sticks (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
BeneFit Bars (48g) Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
--LUNCH--									
Frito Pie (38g), Corn (16g), Seasonal Fruit (~15g)									
Pork Chop (11g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)									
BBQ Chicken Leg (7g), Green Beans (4g), Whole Wheat Roll (29g), Peaches (16g)									
Mexican Beefy Mac (37g), Green Beans (4g), Pineapple (17g)									
Cheesy Nachos (46g), Beans (13g), Sliced Apples (8g)									
MON	19	TUE	20	WED	21	THU	22	FRI	23
--BREAKFAST--									
<b>WK 3</b> Mini Bagels w/Cream Cheese (41g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
--LUNCH--									
Mini Corn Dogs (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
Mini Waffles (38g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
Goody Ring (29g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
Burrito (@36g) (HS/MS) Cereal Breaks (Elem Only) (58g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
--LUNCH--									
Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Baby Carrots (6g), Seasonal Fruit (~15g)									
BBQ Dippers (10g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)									
Deli Sandwich (ELEM) (22g), Lettuce/Tomato (2g), Baby Carrots (6g), Pineapple (~17g)									
Bean & Cheese Pupusas (33g), Beans (23g), Salad w/ Diced Tomatoes (3g), Peaches (16g)									
Spaghetti (37g), Green Beans (4g), Sliced Apples (~15)									
MON	26	TUE	27	WED	28	THU	29	FRI	30
--BREAKFAST--									
<b>WK 1</b> Frudel (36g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
--LUNCH--									
Pancake on Stick (17g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
Egg & Cheese Bun (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
Muffin (40g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
Bug Bite Crackers (21g) & Yogurt (19g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
--LUNCH--									
Pizza (36g) Salad w/Diced Tomatoes (3g), Seasonal Fruit (~15g)									
Chicken Nuggets (13g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)									
Hamburger (24g), Lettuce/Tomato (2g) Fresh Carrots/Broccoli (6g), Peaches (~16g)									
Japanese Cherry Blossom Chicken (27g), Brown Rice (33g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g), Rice Crispy Treat (37g), Fortune Cookie (5g)									
Mac & Cheese (55g), Green Beans (4g), Sliced Apples (~15)									