

AUGUST 2019

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

Chef (34g), Apple Feta (82g) and Fruit Salad Available Daily for lunch

MON		TUE		WED		THU		FRI	
--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--	
				NO SCHOOL		NO SCHOOL		NO SCHOOL	
--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
				NO SCHOOL		NO SCHOOL		NO SCHOOL	
				NO SCHOOL		NO SCHOOL		NO SCHOOL	
MON 5		TUE 6		WED 7		THU 8		FRI 9	
--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--	
WK 1 NO SCHOOL		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--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
NO SCHOOL		NO SCHOOL		Asado Burrito or Plate (32g), Refried Beans (24g), Peaches (16g)		CrunchyTacos (20g), Spanish Rice (27g), Salad w/Diced Tomatoes (3g) Peaches (16g)		Meatloaf (8g), Mashed Potatoes (18g), Green Beans (2g), Whole Wheat Roll (28g), Brown Gravy (3g), Sliced Apples (~8g)	
NO SCHOOL		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)		Cheese Sticks w/Marinara (45g), Salad w/Tomatoes (3g), Sliced Apples (~8g)	
MON 12		TUE 13		WED 14		THU 15		FRI 16	
--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--	
WK 2 Cinnamon Roll (42g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		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--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
Chicken Fried Steak (16g), Mashed Potatoes (18g), Green Beans (2g), Whole Wheat Roll (29g), Gravy (4g), Seasonal Fruit (~15g)		Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Fries (27g), Mixed Fruit(~16g)		Steak Burrito (32g), Salad w/Tomatoes (2g), Peaches (16g)		Green Chile Chicken Enchiladas (34g), Spanish Rice (20g), Beans (23g), Salad w/ Diced Tomatoes (3g), Pineapple (17g)		Pizza Personal (32g), Salad w/Diced Tomatoes (3g), Sliced Apples (8g)	
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--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--	
WK 3 Mini Bagels w/Cream Cheese (41g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		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--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
Meatball Sub (38g), Fries (21g), Seasonal Fruit (~15g)		Chicken Fajita Burrito (35g), Salad w/Diced Tomatoes (3g), Mixed Fruit (16g)		Thai Chili Chicken (15g), Brown Rice (28g), Steamed or Fresh Broccoli & Carrots (5g), Rice Krispie Treat (37g), Pineapple (17g), Fortune Cookie (5g)		Quesadilla (33g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g)		Breaded Chicken Patty (15g) Mashed Potatoes (18g), Roll (28g), Country Gravy (3g), Sliced Apples (~8g)	
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 Pupas (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--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--	
WK 1 Frudel (36g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		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--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
Steak Fingers (17g), Mashed Potatoes (18g), Green Beans (2g), Whole Wheat Roll (29g), Gravy (4g), Seasonal Fruit (~15g)		Cheese Steak Sandwich (40g), Fries, (21g), Salad w/ Tomatoes (3g), Mixed Fruit (16g)		Asado Burrito or Plate (32g), Refried Beans (24g), Peaches (16g)		CrunchyTacos (20g), Spanish Rice (27g), Salad w/Diced Tomatoes (3g) Peaches (16g)		Meatloaf (8g), Mashed Potatoes (18g), Green Beans (2g), Whole Wheat Roll (28g), Brown Gravy (3g), Sliced Apples (~8g)	
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)	