

Breakfast Menu



August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>Apple Cinnamon Muffin Flat Fruit Milk</p>	<p>7</p> <p>Breakfast Cheese Tamale 100% Fruit Juice Fruit Milk</p>	<p>8</p> <p>Pan Dulce Fruit Cup Fruit Milk</p>	<p>9</p> <p>Fruit Loops Cereal Whole Grain Bites Fruit Milk</p>	<p>10</p> <p>Turkey Sausage Breakfast Sandwich V: Cheese Croissant Sandwich Fruit Milk</p>
<p>13</p> <p>Coffee Cake Fruit Milk</p>	<p>14</p> <p>French Toast Sticks 100% Fruit Juice Fruit Milk</p>	<p>15</p> <p>Yogurt Granola Fruit Cup Fruit Milk</p>	<p>16</p> <p>Chocolate Mini Wheats Cereal Whole Grain Bites Fruit Milk</p>	<p>17</p> <p>Chicken & Waffle *V: Waffles* Syrup Fruit Milk</p>
<p>20</p> <p>Banana Bread Fruit Milk</p>	<p>21</p> <p>Mini Maple Pancakes 100% Fruit Juice Fruit Milk</p>	<p>22</p> <p>Proball String Cheese Fruit Cup Fruit Milk</p>	<p>23</p> <p>Frosted Flakes Cereal Whole Grain Bites Fruit Milk</p>	<p>24</p> <p>Bean & Cheese Burrito Fruit Milk</p>
<p>27</p> <p>Pan Dulce Fruit Milk</p>	<p>28</p> <p>Mini Maple Corn Dogs 100% Fruit Juice Fruit Milk</p>	<p>29</p> <p>Mini Wowbutter & Jelly Sandwich Fruit Cup Fruit Milk</p>	<p>30</p> <p>Apple Jacks Cereal Whole Grain Bites Fruit Milk</p>	<p>31</p> <p>Ham & Cheese English Muffin (Contains Pork) *V: Cheesy English Muffin* Fruit Milk</p>

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, 1 cup fruit serving, and fat free white milk or 1% white milk.

Cereal Option Available Daily

This institution is an equal opportunity provider.



Lunch Menu 9-12



August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>Red Chicken Enchiladas Side Salad 100% Fruit Juice & Fruit Milk</p>	<p>7</p> <p>Corn Dog Oven Baked Fries Sliced Cucumbers w/ Tajin Fruit Milk</p>	<p>8</p> <p>Beef & Broccoli Not So Fried Rice Baby Carrots 100% Fruit Juice & Fruit Milk</p>	<p>9</p> <p>Chicken Alfredo Steamed Broccoli Dinner Roll Side Salad Fruit Milk</p>	<p>10</p> <p>Turkey Nachos Tortilla Chips Baby Carrots 100% Fruit Juice & Fruit Milk</p>
<p>13</p> <p>Chicken Burrito Side Salad 100% Fruit Juice & Fruit Milk</p>	<p>14</p> <p>Chicken Patty Burger Oven Baked Fries Jicama Sticks w/ Tajin Fruit Milk</p>	<p>15</p> <p>Turkey Chili Popped Corn Chips Baby Carrots 100% Fruit Juice & Fruit Milk</p>	<p>16</p> <p>Chicken Tamale Mixed Vegetables Side Salad Fruit Milk</p>	<p>17</p> <p>Baked Ziti w/ Meat Sauce Baby Carrots 100% Fruit Juice & Fruit Milk</p>
<p>20</p> <p>Chicken Teriyaki Chow Mein Noodles Side Salad 100% Fruit Juice & Fruit Milk</p>	<p>21</p> <p>BBQ Chicken Breast Sandwich Cheesy Mashed Potatoes Hoagie Roll Celery Sticks w/ Ranch Fruit Milk</p>	<p>22</p> <p>Cheese Ravioli Baby Carrots Dinner Roll 100% Fruit Juice & Fruit Milk</p>	<p>23</p> <p>Beef Hot Dog Oven Baked Fries Side Salad Fruit Milk</p>	<p>24</p> <p>Green Chicken Enchiladas Baby Carrots 100% Fruit Juice & Fruit Milk</p>
<p>27</p> <p>Combo Burrito Side Salad 100% Fruit Juice & Fruit Milk</p>	<p>28</p> <p>Cheeseburger Oven Baked Fries Sliced Cucumbers w/ Tajin Fruit Milk</p>	<p>29</p> <p>Spaghetti w/ Meat Sauce Baby Carrots 100% Fruit Juice & Fruit Milk</p>	<p>30</p> <p>Cheese Tamale Mixed Vegetables Side Salad Fruit Milk</p>	<p>31</p> <p>Chicken Nuggets Cheesy Mashed Potatoes Whole Grain Dessert Baby Carrots 100% Fruit Juice & Fruit Milk</p>

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Lunch includes one entrée, vegetable, 1/2 cup fruit serving, and fat free white milk or 1% white milk.

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Vegetarian Lunch Menu 9-12



August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>Red Cheese Enchiladas Side Salad 100% Fruit Juice & Fruit Milk</p>	<p>7</p> <p>Vegetarian Burger Oven Baked Fries Sliced Cucumbers w/ Tajin Fruit Milk</p>	<p>8</p> <p>Tofu & Broccoli Not So Fried Rice Baby Carrots Sunflower Seeds 100% Fruit Juice & Fruit Milk</p>	<p>9</p> <p>Penne Alfredo Steamed Broccoli Dinner Roll Side Salad Fruit Milk</p>	<p>10</p> <p>Cheese Nachos Tortilla Chips Baby Carrots 100% Fruit Juice & Fruit Milk</p>
<p>13</p> <p>Bean & Cheese Burrito Side Salad 100% Fruit Juice & Fruit Milk</p>	<p>14</p> <p>Vegetarian Burger Oven Baked Fries Jicama Sticks w/ Tajin Fruit Milk</p>	<p>15</p> <p>Bean & Plant-based "Beef" Chili Popped Corn Chips Baby Carrots 100% Fruit Juice & Fruit Milk</p>	<p>16</p> <p>Cheese Tamale Mixed Vegetables Side Salad Fruit Milk</p>	<p>17</p> <p>Cheesy Baked Ziti Baby Carrots 100% Fruit Juice & Fruit Milk</p>
<p>20</p> <p>Plant-based "Chicken" Teriyaki Chow Mein Noodles Side Salad 100% Fruit Juice & Fruit Milk</p>	<p>21</p> <p>Plant-based BBQ "Chicken" Cheesy Mashed Potatoes Hoagie Roll Celery Sticks w/ Ranch Fruit Milk</p>	<p>22</p> <p>Cheese Ravioli Baby Carrots Dinner Roll 100% Fruit Juice & Fruit Milk</p>	<p>23</p> <p>Vegetarian Burger Oven Baked Fries Side Salad Fruit Milk</p>	<p>24</p> <p>Green Cheese Enchiladas Baby Carrots 100% Fruit Juice & Fruit Milk</p>
<p>27</p> <p>Bean & Cheese Burrito Side Salad 100% Fruit Juice & Fruit Milk</p>	<p>28</p> <p>Vegetarian Cheeseburger Oven Baked Fries Sliced Cucumbers w/ Tajin Fruit Milk</p>	<p>29</p> <p>Cheesy Spaghetti Baby Carrots 100% Fruit Juice & Fruit Milk</p>	<p>30</p> <p>Cheese Tamale Mixed Vegetables Side Salad Fruit Milk</p>	<p>31</p> <p>Plant-based "Chicken" Nuggets Cheesy Mashed Potatoes Whole Grain Dessert Baby Carrots 100% Fruit Juice & Fruit Milk</p>

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Sandwich Menu 9-12



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>Deli Chicken & Cheese Sandwich <i>Side Salad</i> 100% Fruit Juice & Fruit Milk</p>	<p>7</p> <p>Ham & Cheese Sandwich <i>Oven Baked Fries</i> Fruit Milk</p>	<p>8</p> <p>Turkey & Cheese Sandwich <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>	<p>9</p> <p>Wowbutter Sandwich <i>Side Salad</i> Fruit Milk</p>	<p>10</p> <p>Turkey Pastrami & Cheese Sandwich <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>
<p>13</p> <p>Wowbutter Sandwich <i>Side Salad</i> 100% Fruit Juice & Fruit Milk</p>	<p>14</p> <p>Turkey & Cheese Sandwich on Pretzel Roll <i>Oven Baked Fries</i> Fruit Milk</p>	<p>15</p> <p>Roast Beef Sandwich <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>	<p>16</p> <p>Deli Chicken & Cheese Sandwich <i>Side Salad</i> Fruit Milk</p>	<p>17</p> <p>Turkey Ham & Cheese Sandwich <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>
<p>20</p> <p>Deli Chicken & Cheese Sandwich <i>Side Salad</i> 100% Fruit Juice & Fruit Milk</p>	<p>21</p> <p>Ham & Cheese Sandwich <i>Cheesy Mashed Potatoes</i> Fruit Milk</p>	<p>22</p> <p>Turkey & Cheese Sandwich <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>	<p>23</p> <p>Wowbutter Sandwich <i>Side Salad</i> Fruit Milk</p>	<p>24</p> <p>Turkey Pastrami & Cheese Sandwich <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>
<p>27</p> <p>Wowbutter Sandwich <i>Side Salad</i> 100% Fruit Juice & Fruit Milk</p>	<p>28</p> <p>Turkey & Cheese Sandwich on Pretzel Roll <i>Oven Baked Fries</i> Fruit Milk</p>	<p>29</p> <p>Roast Beef Sandwich <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>	<p>30</p> <p>Deli Chicken & Cheese Sandwich <i>Side Salad</i> Fruit Milk</p>	<p>31</p> <p>Turkey Ham & Cheese Sandwich <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>

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Entrée Salad Menu 9-12



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>Mexican Chicken Salad Popped Corn Chips Hot Sauce <i>Side Salad</i> 100% Fruit Juice & Fruit Milk</p>	<p>7</p> <p>Tuna Salad Wheat Crackers Ranch Dressing <i>Oven Baked Fries</i> Fruit Milk</p>	<p>8</p> <p>Chicken Taco Salad Popped Corn Chips Ranch Dressing <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>	<p>9</p> <p>Buffalo Chicken Salad Dinner Roll Ranch Dressing <i>Side Salad</i> Fruit Milk</p>	<p>10</p> <p>Southwest Chicken Salad Dinner Roll Ranch Dressing <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>
<p>13</p> <p>Mexican Chicken Salad Popped Corn Chips Hot Sauce <i>Side Salad</i> 100% Fruit Juice & Fruit Milk</p>	<p>14</p> <p>Tuna Salad Wheat Crackers Ranch Dressing <i>Oven Baked Fries</i> Fruit Milk</p>	<p>15</p> <p>Chicken Taco Salad Popped Corn Chips Ranch Dressing <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>	<p>16</p> <p>Buffalo Chicken Salad Dinner Roll Ranch Dressing <i>Side Salad</i> Fruit Milk</p>	<p>17</p> <p>Southwest Chicken Salad Dinner Roll Ranch Dressing <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>
<p>20</p> <p>Mexican Chicken Salad Popped Corn Chips Hot Sauce <i>Side Salad</i> 100% Fruit Juice & Fruit Milk</p>	<p>21</p> <p>Tuna Salad Wheat Crackers Ranch Dressing <i>Cheesy Mashed Potatoes</i> Fruit Milk</p>	<p>22</p> <p>Chicken Taco Salad Popped Corn Chips Ranch Dressing <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>	<p>23</p> <p>Buffalo Chicken Salad Dinner Roll Ranch Dressing <i>Side Salad</i> Fruit Milk</p>	<p>24</p> <p>Southwest Chicken Salad Dinner Roll Ranch Dressing <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>
<p>27</p> <p>Mexican Chicken Salad Popped Corn Chips Hot Sauce <i>Side Salad</i> 100% Fruit Juice & Fruit Milk</p>	<p>28</p> <p>Tuna Salad Wheat Crackers Ranch Dressing <i>Oven Baked Fries</i> Fruit Milk</p>	<p>29</p> <p>Chicken Taco Salad Popped Corn Chips Ranch Dressing <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>	<p>30</p> <p>Buffalo Chicken Salad Dinner Roll Ranch Dressing <i>Side Salad</i> Fruit Milk</p>	<p>31</p> <p>Southwest Chicken Salad Dinner Roll Ranch Dressing <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>

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Field Trip Menu 9-12



August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
		Turkey & Cheese Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots <i>Apple Sauce & Fruit</i> <i>Fruitable Juice (6oz)</i> <i>Whole Grain Cookie</i> <i>Milk</i>		
13	14	15	16	17
		Turkey & Cheese Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots <i>Apple Sauce & Fruit</i> <i>Fruitable Juice (6oz)</i> <i>Whole Grain Cookie</i> <i>Milk</i>		
20	21	22	23	24
		Turkey & Cheese Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots <i>Apple Sauce & Fruit</i> <i>Fruitable Juice (6oz)</i> <i>Whole Grain Cookie</i> <i>Milk</i>		
27	28	29	30	31
		Turkey & Cheese Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots <i>Apple Sauce & Fruit</i> <i>Fruitable Juice (6oz)</i> <i>Whole Grain Cookie</i> <i>Milk</i>		

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Snack Menu



August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
6 Strawberry Granola 100% Fruit Juice (6oz)	7 Gouda Cheese Dip Wheat Crackers	8 Cereal Pouch 100% Fruit Juice (6 oz)	9 Rice Krispies Treat Fruit (3/4 c)	10 Cheese Puffs 100% Fruit Juice (6 oz)
13 Atomic Cheez-its 100% Fruit Juice (6 oz)	14 Sunbutter Cup Graham Crackers	15 Baked Chips 100% fruit Juice (6 oz)	16 Mini Grahams Fruit (3/4 c)	17 Pretzels 100% Fruit Juice (6 oz)
20 Honey Sunflower Seeds 100% Fruit Juice (6 oz)	21 White Cheddar Cheese Dip Popped Chips	22 Chewy Granola Bar 100% fruit Juice (6 oz)	23 Whole Grain Pop-Tart Fruit (3/4c)	24 Honey Grahams 100% fruit Juice (6 oz)
27 Mini Blueberry Muffin 100% Fruit Juice (6 oz)	28 Apple Cinnamon Dipper Pretzel Bread	29 Chex Mix 100% Fruit Juice (6 oz)	30 Nutrigrain Bar Fruit (3/4c)	31 Strawberry Delight 100% Fruit Juice (6oz)

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Snack includes 2 items: grain, fruit, protein or milk.

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Supper Menu



August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>Chicken Patty Burger (2M/MA, 2 G/B) Oven Baked Fries (1/2 c veg) Apple Sauce (1/2 c)</p>	<p>7</p> <p>Deli Chicken & Cheese Sandwich (2 M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Fruit (1/2 c)</p>	<p>8</p> <p>Country "Fried" Pork Chop w/ Gravy (2 M/MA, 0.5 G/B) Mashed Potatoes (1/2 c Veg) Corn Muffin (1 G/B) Apple Slices (1/2 c)</p>	<p>9</p> <p>Pizza Bagel Pepperoni & Mushrooms (2 M/MA, 1 GB, 1/2 c veg) 100% Fruit Juice (1/2 c)</p>	<p>10</p> <p>Arroz con Pollo Plate <i>Chicken & Rice</i> (2 M/MA, 1 G/B, 1/2 c Veg) Dried Fruit (1/2 c)</p>
<p>13</p> <p>Orange Chicken (2 M) Chow Mein Noodles (1G, 1/2 c veg) Apple Sauce (1/2 c)</p>	<p>14</p> <p>Turkey Ham & Cheese Sandwich (2 M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Fruit (1/2 c)</p>	<p>15</p> <p>Marinara Sauce Cheese Stick Dippers (2M/MA, 1 G/B, 1/2 c veg) Apple Slices (1/2 c)</p>	<p>16</p> <p>Western Cheeseburger (2 M/MA, 2 G/B) Potato Wedges (1/2 c veg) 100% Fruit Juice (1/2 c)</p>	<p>17</p> <p>Chicken Chalupa with Cheese & Beans (2 M/MA, 1 G/B, 1/2 c Veg) Dried Fruit (1/2 c)</p>
<p>20</p> <p>Cheeseburger Sliders (2M/MA, 2 G/B) Fruitable Juice (1/2 c) Apple Sauce (1/2 c)</p>	<p>21</p> <p>Protein Box: Cheese Cubes (2 MA) Baby Carrots (1/2 c) Cheez-its (1 G/B) Apple Slices (1/2 c)</p>	<p>22</p> <p>Bean & Cheese Burrito (2 M/MA, 2 G/B, 1/4 c veg) Salsa Cup (1/4 c veg) Fruit (1/2 c)</p>	<p>23</p> <p>Upside Down Chicken Pot Pie (2M/MA, 2 G/B, 1/2 c Veg) 100% Fruit Juice (1/2 c)</p>	<p>24</p> <p>Popcorn Chicken (1 G/B, 2 M) Mashed Potatoes (1/2 c) Dried Fruit (1/2 c)</p>
<p>27</p> <p>Chili Dog (2 M/MA, 2 G/B, 1/2 c Veg) Apple Sauce (1/2 c)</p>	<p>28</p> <p>Turkey & Cheese Sandwich on Pretzel Roll (2 M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Fruit (1/2 c)</p>	<p>29</p> <p>Breakfast for Dinner: French Toast Stick (1 G/B) Potato Tots (1/2 c) Sausage Links (2 M/MA) Apple Slices (1/2 c)</p>	<p>30</p> <p>Pepperoni Pizza Mac & Cheese (2 M/MA, 2 G/B, 1/2 c veg) 100% Fruit Juice (1/2 c)</p>	<p>31</p> <p>BBQ Pork Patty on Hoagie Roll (2 G/B, 2 M/MA) Fruitable Juice (1/2 c) Dried Fruit (1/2 c)</p>

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Supper includes: 2 oz Meat/Meat Alternative, 1/2 Cup Vegetable
1/4 Cup Fruit, 1 Cup Milk (flavored fat-free or unflavored low-fat)
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