

# Victoria Public School Menu August 2019

\*Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
				
<b>Milk &amp; Fresh Fruit Served Daily!</b>	NO School Today!	NO School Today!	<b>First Day of School!</b> Beef Nachos Bean & Cheese Burrito Spanish Rice Pinto Beans Cherry Tomato w/ Carrot Sticks Pico Peaches	Mac & Cheese Fish Sticks Coleslaw Sautéed Spinach Sweet Potato Fries Fruit Cocktail Roll
19 Chicken Fried Steak Orange Chicken Seasoned Rice Mashed Potatoes Oriental Vegetable Blend Orange Smiles Roll	20 Chicken Spaghetti Pepperoni Pizza Green Beans Corn Pears w/ Cherries <i>Happy Birthday!</i> Chocolate Chip Cookie	21 Corn Chip Pie BBQ Beef Sandwich Kidney Beans Steamed Carrots Juice	22 Enchiladas Chicken Fajita Spanish Rice Refried Beans Mexican Plate Salad Pico Pineapples	23 Breaded Chicken Sandwich Corn Dog Sweet Potato Fries Spinach Salad Fresh Fruit Salad
26 Pizza Pocket Mozzarella Sticks Carrot Sticks Corn Pears w/ Cherries Pizza sauce	27 Grilled Chicken Sandwich Beans & Franks Cucumber Slices Black-eyed Peas Candied Apple Doritos	28 Cheeseburger Corn Dog Sweet Potato Fries Burger Salad Pineapples	29 Beef Tacos Bean & Cheese Burrito Spanish Rice Pinto Beans Mexican Plate Salad Pico Peaches	30 Grilled Cheese Sandwich Fish Tacos Tossed Salad Cherry Tomato w/ Celery Sticks Fruit Cocktail Baked Chips

\* Milk & Fresh Fruit Served Daily.

\*\* Appropriate Condiments Served Daily.

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## Breakfast for August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<i>NO School Today!</i>	<i>NO School Today!</i>	<i>NO School Today!</i>	15 <b>FIRST DAY OF SCHOOL</b> Banana Bread & Sausage Link OR Cereal Peaches OR Fresh Fruit Milk	16 Waffles OR Cereal Applesauce OR Fresh Fruit Milk
19 Sausage Roll OR Cereal Pineapples OR Fresh Fruit Milk	20 Donut Holes OR Cereal Juice OR Fresh Fruit Milk	21 Saus-A-Rage OR Cereal Peaches OR Fresh Fruit Milk	22 Pancake On A Stick OR Cereal Fruit Cocktail OR Fresh Fruit Milk	23 Sausage, Egg, & Cheese Pretzel Bun OR Cereal Pears w/ Cherries OR Fresh Fruit Milk
26 Chocolate Muffin & Sausage Link OR Cereal Peaches OR Fresh Fruit Milk	27 Oatmeal & Sausage Patty OR Cereal Blueberries OR Fresh Fruit Milk	28 Cinnamon Roll OR Cereal Grapes OR Fresh Fruit Milk	29 Breakfast Pizza OR Cereal Banana OR Fresh Fruit Milk	30 Sausage & Egg Taquito OR Cereal Pears w/ Cherries OR Fresh Fruit Milk

**Free Breakfast** for the following schools: Crain, Dudley, Hopkins, O'Connor, Patti Welder, Shields, Torres & DAEP/Mitchell

### Fruit of The Month: Plums!

Plums are succulent and a delicious fruit. Plums help to protect your heart, maintain blood pressure, are loaded with fiber and high in vitamins and minerals. Wash plums in cold running water before using. Fresh ripe plums can be enjoyed as is, with its peel. They are great to add to salads, desserts, and jams. Dried plums are known as prunes.



### August 29th—National “More Herbs, Less Salt Day.”

Herbs are a good substitute for salt. As Summer draws to an end, plants are at their peak for picking and using in recipes. Consider substituting herbs for salt today!



### Meal Prices

#### Breakfast

Student - \$1.60  
Student Reduced - \$0.30  
Adult - \$2.50

#### Lunch

Student Pd Elementary - \$2.65  
Student Pd Secondary- \$3.00  
Student Reduced - \$0.40  
Adult - \$3.65

Iced Tea - \$0.75  
Entrée - \$2.75  
Vegetable - \$0.75  
Fruit - \$0.85  
Breads - \$0.75  
Milk - \$0.75  
Muffin - \$1.25

#### À la carte

100 cal. Snacks - \$0.60  
Baked Chips - \$1.00  
Goldfish - \$0.75  
Cookies - \$0.50  
Bottled Water - \$1.00  
Soup - \$2.50

