

# August

# Breakfast Menu

# 2019

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
|    |  |  |  |  |
| 26   | 27   | 28   | 29   | 30   |
| Organic Yogurt with<br>Summer Berries &<br>Granola<br>Fresh Fruit<br>Skim or 1% Milk | W/G French Toast with<br>Berry Compote<br>Turkey Sausage<br>Fresh Fruit<br>Skim or 1% Milk | W/G Toast with<br>Watermelon Butter<br>Summer Melon<br>Skim or 1% Milk | W/G Pancakes with<br>Berry Compote<br>Turkey Sausage<br>Fresh Fruit<br>Skim or 1% Milk | Organic Yogurt with<br>Fresh Mango & Granola<br>Fresh Fruit<br>Skim or 1% Milk |




Not only is breakfast the most important meal of the day, but it's also one of the key ways to maximize your daily energy and increase concentration throughout the whole day!

# August

# Lunch Menu

# 2019

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
|                        |   |  |   |  |
| 26   | 27  | 28   | 29  | 30   |
| Turkey Burger With<br>Cheese, Lettuce,<br>Tomato, Onion and<br>Pickles<br>Fresh Fruit<br>Skim or 1% Milk | Bean Burrito<br>Made with cheese, Pico<br>de Gallo and Rice on a<br>W/G Tortilla<br>Salad<br>Fresh Fruit<br>Skim or 1% Milk | Jerk Chicken Bowl with<br>Brown Coconut Rice &<br>Beans<br>Tropical Slaw<br>Fresh Fruit<br>Skim or 1% Milk | Homemade Pizza on<br>Focaccia Bread with<br>Mozzarella<br>Salad<br>Fresh Fruit<br>Skim or 1% Milk | Turkey Hoagie with<br>Swiss Cheese, lettuce<br>and Tomato<br>Served on a W/G Bun<br>Fresh Fruit<br>Skim or 1% Milk |



Lunch: choice of 1% or skim milk;  
fruit available daily

*This institution is an equal opportunity provider*