



CAIRO ELEMENTARY SCHOOL AUGUST 2019 K-5 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
1% Milk & skim flavored milk are offered daily. Each meal will offer main entrée, ¾ cup of vegetables & ½ cup of fruit.			1.	2.
5.	6.	7.	8.	9. Teacher institute Day No School
12. Chicken Nuggets w/ Ranch Dressing Dinner Roll Curly Fries Fresh Carrots Fruit Cocktail	13. Taco Tuesday Soft Shell Tacos Tater Tots Cherry Tomatoes Pineapple Tidbits	14. Hot Dog on Bun Macaroni & Cheese Boston Baked Beans Oven Fries Chilled Peaches	15. Chicken & Chili Crispito Mexican Rice Seasoned Corn Broccoli w/ Cheese Apple Juice	16. Brooklyn Style Flat bread Peperoni Pizza Savory Green Beans Caesar Salad Kiwi Strawberry Sidekick
19. Popcorn Chicken Dinner Roll Hash Brown Patty Fresh Carrots Baked Apple Slices	20. Taco Tuesday Beef Nachos Tater Tots Mexican Refried Beans Fruit Punch Juice	21. Beef Ravioli Dinner Roll Savory Green Beans Fresh Broccoli Florets Mandarin Oranges & Pineapples	22. Chicken Pot Pie over a Biscuit Mashed Potatoes Fresh Grape Tomatoes Fresh Orange Wedges	23. Classic Pepperoni Pizza Baked Oven Fries Marinated Cucumbers Rosy Applesauce
26. Chicken Parmesan Dinner Roll Garlic Mashed Potatoes Fresh Broccoli Chilled Peaches	27. Taco Tuesday Soft Shell Tacos w/ Shredded lettuce Tater Tots Refried Beans Mandarin Oranges w/ Pineapple Tidbits	28. Cheese Stuffed Breadsticks w/ Marinara Seasoned Corn Fresh Baby Carrots Pears & Strawberries	29. Chicken Tenders w/ Peppered Gravy Buttered Toast Baked Oven Fries Marinated Cucumbers Fresh Red Grape	30. Pepperoni Pizza Savory Green Beans Carrot & Celery Sticks w/ Ranch Dressing Blue Raspberry Sidekick
Monday	Tuesday	Wednesday	Thursday	Friday

Three Cheese Pretzel Bun Cheeseburger on Bun Crispy Chicken Patty Parfait w/ Granola Corn Dog



chartwells
Discovery
KITCHEN

Please update the bottom of each menu with the Food Focus of the Month as applicable to your menus:



This month
we're celebrating
cranberries



This month
we're celebrating
tomatoes



This month
we're celebrating
berries



This month
we're celebrating
autumn squash

