

August 2018

Type Your School Name Here

LUNCH



SALAD BAR SERVED DAILY. CHOICE OF MILK: SKIM 1%, NF CHOCOLATE, STRAWBERRY, VANILLA



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.
USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

Monday



Tuesday



Wednesday

Thursday

Friday

CHICKEN NUGGETS, MAC & CHEESE, BROCCOLI, ROLL OR TURKEY/CHEESE WRAP, LETTUCE, TOMATO, CARROTS, POTATO CHIPS 6

CHILI, TATER TOTS, CORN CHIPS OR BAKED POTATO BAR, BROCCOLI, ROLL, CHEESE, SOUR CREAM 7

HOT DOG, BUN, CURLY FRIES, BAKED BEANS, COLESLAW OR HAMBURGER, BUN, CURLY FRIES, BAKED BEANS, LETTUCE, TOMATO, PICKLES, ONIONS 1

BREAKFAST FOR LUNCH SAUSAGE PATTY, BISCUIT, GRAVY, EGGS, TRI TATERS OR GRILLED CHICKEN, BUN, GARLIC & HERB PASTA, LETTUCE, TOMATO 2

CHEESY BITES, GREEN BEANS, MARINARA SAUCE, TOSSED SALAD OR RAVIOLI, GREEN BEANS, GARLIC TOAST 3

BBQ PORK, BUN, BAKED BEANS, FRENCH FRIES, COLESLAW OR TURKEY/CHEESE, BUN, LETTUCE, TOMATO, CARROTS, DRESSING, TEDDY GRAHAMS 13

CHICKEN NUGGETS, SMILEY FRIES, GREEN BEANS, ROLL OR BAKED POTATO BAR/FIXINGS 14

CHICKEN TENDERS, RICE, CARROTS, ROLL OR BEANIE WEENIES, ROLL, TOSSED SALAD 8

STEAK & GRAVY, MASHED POTATOES, PEAS, ROLL OR HAM/CHEESE, BUN, CUCUMBER SALAD, CARROTS 9

PEPPERONI OR CHEESE PIZZA, CORN, TOSSED SALAD OR FISH, CORN MUFFIN, PINTO BEANS, TARTAR SAUCE 10

SEASONED TACO BEEF, TORTILLA SHELL, MEXICAN RICE, BLACK BEANS & CORN, SALSA, LETTUCE, TOMATO, SOUR CREAM, CHEESE OR PBJ UNCRUSTABLE 15

CHEESY BITES, GREEN BEANS, MARINARA SAUCE, TOSSED SALAD OR GRILLED CHICKEN, BUN, BAKED BEANS, FRENCH FRIES 17

MINI CORN DOGS, BROCCOLI SCALLOPED POTATOES, OR CHICKEN TENDERS, SWEET POTATO FRIES, CORN, ROLL 16

CHICKEN TENDERS, TATER TOTS, ISLAND BLEND VEG, ROLL OR HAM/CHEESE, WRAP, LETTUCE, TOMATO, SALAD 20

STEAK & GRAVY, MASHED POTATO, PEAS, ROLL OR PBJ UNCRUSTABLE, STRING CHEESE, RAISELS, CARROTS, DRESSING 21

CHICKEN PATTY REG & SPICY, BUN, SWEET POTATO FRIES, GREEN BEANS, LETTUCE, TOMATO OR TURKEY/CHEESE, WRAP, POTATO CHIP, LETTUCE, TOMATO 22

CORN DOG, BROCCOLI, BAKED BEANS OR BAKED POTATO BAR/FIXINGS 23

PEPPERONI OR CHEESE PIZZA, CORN, TOSSED SALAD OR CHEESE QUESADILLA, REFRIED BEANS, LETTUCE, SOUR CREAM, SALSA 24

HAMBURGERS, BUN, CURLY FIRES, PEAS, LETTUCE, TOMATO, PICKLES OR MEATBALL SUBS, POTATO SALAD, CHIPS 27

CHICKEN NUGGETS, AU GRATIN POTATOES, CARROTS, ROLL OR FISH, BUN, AU GRATIN POTATOES, PINTO BEANS, LETTUCE, TOMATO 28

SEASONED TACO BEEF, TORTILLA SHELL, MEXICAN RICE, BLACK BEANS & CORN, SALSA, LETTUCE, TOMATO, CHEESE, SOUR CREAM OR BAKED POTATO BAR/FIXINGS 29

BREAKFAST FOR LUNCH SAUSAGE PATTY, BISCUIT, GRAVY, EGGS, TRI TATERS OR GRILLED CHICKEN, BUN, GARLIC & HERB PASTA, LETTUCE, TOMATO 30

