

August Menu

Lunch: Secondary

Every Lunch also Includes a Choice of Milk and/or Water

Monday	Tuesday	Wednesday	Thursday	Friday
	A Grab & Go Options are also offered everyday	9th Country Bowl or Country Bucket with Hot Roll or Pizza Garden Fresh Salad Salad Toppings Fruit Cup	10th Big Grilled Sandwich or Corn Dog Mac & Cheese Tumbleweed Bites Garden Fresh Salad Salad Toppings Fruit Cup	11th Cheese Burger or Chicken Sandwich Basket with Fries Lettuce, Pickles and Tomatoes Fresh Baked Cookie Fresh Fruit
14th Chicken Spaghetti with Breadsticks or Choice of Pizza Seasoned Vegetables Garden Fresh Salad Salad Toppings Fruit Cup	15th Tacos or Crisпитos Pinto Beans Spanish Rice Homemade Salsa Lettuce & Tomato Salad Toppings Oranges Smiles	16th Steak Fingers or Chicken Nuggets with Hot Roll Mashed Potatoes Seasoned Green Beans Garden Fresh Salad Salad Toppings Cinnamon Apple Sauce	17th Meatball Sub or Hot Dog Choice of Chips Steamed Broccoli Garden Fresh Salad Salad Toppings Frozen Fruit Treat	18th Chicken Sandwich or Bacon Cheese Burger Basket with Fries Lettuce, Pickles and Tomatoes Fresh Baked Cookie Fresh Fruit
21st Spagazza with Garlic Toast or Choice of Pizza Seasoned Vegetables Garden Fresh Salad Salad Toppings Fruit Dessert	22nd Chili Cheese Fries or Tornos Pinto Beans Spanish Rice Homemade Salsa Garden Fresh Salad Salad Toppings Fruit Cup	23rd Smothered Steak or Chicken Strips with Hot Roll Mashed Potatoes Street Corn Garden Fresh Salad Salad Toppings Mixed Fruit Cup	24th Asian Bowl with Fried Rice or Popcorn Chicken Seasoned Vegetables Garden Fresh Salad Salad Toppings Fruit Salad	25th BBQ Sub or Chicken Sandwich Basket with Fries Lettuce, Pickles and Tomatoes Fresh Baked Cookie Fresh Fruit
28th Spaghetti with Meat Sauce and Garlic Toast or Choice of Pizza Seasoned Green Beans Garden Fresh Salad Salad Toppings Strawberries and Cream	29th Nachos Refried Beans Spanish Rice Homemade Salsa Garden Fresh Salad Salad Toppings Fresh Apple	30th Chicken & Waffles or Popcorn Chicken with Hot Roll Mashed Potatoes Steamed Vegetables Garden Fresh Salad Salad Toppings Colorful Pears	31st Cheesy Bites or Mini Corn Dogs Mac & Cheese Tumbleweed Bites Garden Fresh Salad Salad Toppings Fruit Cup	September 1st Cheese Burger or BBQ Sub Basket with Fries Lettuce, Pickles and Tomatoes Fresh Baked Cookie Fresh Fruit

Lunch Time!

After all that time in class, you deserve a chance to head to the cafeteria to sit down, relax, and enjoy the company of your friends over a yummy meal!

Your school's lunch is designed with your health in mind. It's packed full of vitamins and minerals that will help you to do your best in school!

School lunchtime is full of choices. Choose an entree and any side items you would like. **Don't forget to pick up at least a 1/2 cup of vitamin packed fruits or vegetables.**

Eating a variety of healthy foods helps:

- Give you energy
- You grow the way you should
- You from getting sick

Think of your school lunch as the fuel you put in your tank. If you choose the wrong kind of fuel, you may just run out of energy before the day is over.

Breakfast:

Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are offered everyday.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 & 3	Breakfast on Bun	French Toast Sticks	Bacon & Eggs with Toast	Breakfast Taco	Biscuits & Sausage
Week 3 & 4	Breakfast Bowl	Pancake Wrap	Eggs and Sausage with Toast	Breakfast Pizza	Yogurt Parfait Scoobies

This institution is an equal opportunity provider. The menu is subject to change based on supplier availability.