

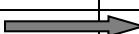


# Aug/September 2023

Lunch includes: entrée listed below, fruit, milk, and an unlimited cold fruit and vegetable bar.

All grains are at least 50% whole Grain. Students Must take ½ cup fruit and/or vegetables with meal. Milk Choice Include Skim, 1% and Skim Chocolate. Menu subject to change without notice, due to price and availability.

## Local Harvest of the Month is Brassicas

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST:</b> Free if Eligible for Free Lunch Reduced: \$ .30 Student: \$2.00 Adult: \$2.25	Whole Grain Cereal OR Oatmeal with Choose Your Own Toppings Fruit and Milk	Grilled Ham and Cheese w/ Fruit, and Milk	Breakfast Burrito Fruit and Milk	Benefit Bar Fruit and Milk	Homemade Muffin w/ String Cheese Fruit and Milk
	Available Daily: Assorted Whole Grain Cereals, Oatmeal, UBR Bar, String Cheese, Milk, Orange Juice and Canned and Fresh Seasonal Fruit, Breakfast comes with Choice of Protein, Choice of Grain, Choice of Fruit and Milk				
<b>LUNCH:</b> Reduced: \$ .40 Student: \$3.25 Adult: \$4.25  Salad Bar Included with All Lunch Meals  <b>Now Local:</b> Beef, Lentils, Squash, Carrots, Some Breads and Flour And more!	PLEASE JOIN US FOR BREAKFAST OR LUNCH! For Free Lunch Eligibility Call 751-3443, Menu Questions 751-3646				
			Aug 30 Pizza, Fruit, Milk	Aug 31 Pizza Hoagies, PBJ, Fruit, Veggie and Milk	Sept 1 Cheeseburgers, Hoagie, PBJ, Fruit, Veggie, Milk
	Market Cart Salad Bar Featuring 				
	4 No School  Labor Day	5 Pizza, Hoagie, PBJ, Fruit, Veggie, Milk	6 Pizza, Hoagie ,PBJ Fruit, Milk	7 Pizza, Hoagie, PBJ, Fruit, Veggie, Milk	8 Cheeseburger, Hoagie, PBJ, Fruit, Veggie and Milk
	Market Cart Salad Bar Featuring 				
	11 Chicken Tenders, Dinner Roll, Hoagie or PBJ, Fruit, Veg and Milk	12 Pizza, Hoagie, PBJ, Fruit, Veg and Milk	13 Pizza, Hoagie, PBJ, Fruit, Veg and Milk	14 Pizza, Hoagie, PBJ, Fruit, Veggie and Milk	15 Corn Dog, Hoagie, PBJ, Fruit, Veggie and Milk
	Market Cart Salad Bar Featuring 				
	18 Chicken Tenders, Dinner Roll, Hoagie, PBJ, Fruit, Veg and Milk	19 Pizza, Hoagie, PBJ, Fruit, Veg and Milk	20 Pizza, Hoagie, PBJ, Fruit, Veggie and Milk	21 Pizza, Hoagie, PBJ, Fruit, Veggie and Milk	22 Corn Dog, Hoagie, PBJ, Fruit, Veggie and Milk
	25 Chicken Tenders, Dinner Roll, Hoagie, PBJ, Fruit, Veg and Milk	26 Pizza, Hoagie, PBJ, Fruit, Veg and Milk	27 Pizza, Hoagie, PBJ, Fruit, Veggie and Milk	28 Pizza, Hoagie, PBJ, Fruit, Veggie and Milk	29 Cheeseburger, Hoagie, PBJ, Fruit, Veggie and Milk
	Student Meal Includes: 1 cup milk, 1-2 oz. meat, 1-2 oz. grain, 3/4 cup veggie and 1/2 cup fruit, 600-700 calories				
Available Daily: Deli Sandwiches, <b>PB&amp;J,</b> <b>SALAD BAR - UNLIMITED WITH STUDENT LUNCH !!</b>					