

AUGUST / SEPTEMBER

MON

TUE

WED

THU

FRI

26 Popcorn Chicken & Pretzels
Chicken Club Wrap
Yogurt Parfait
Vegetarian Taco Salad
Apple Sauce
Corn on the Cob
Baby Carrots



27 Pizza Slice
Turkey Hoagie
Uncrustable Kit
Chicken Caesar Salad
Raisins
Tomato Cucumber Salad
Caesar Side Salad

28 Tortellini w/ Cheesy Breadstick
Chicken Club Wrap
BYO Pizza Box
Hummus Flatbread Box
Apple Slices
Roasted Broccoli
Cucumber Coins

29 French Toast Sticks
Turkey Hoagie
Uncrustable Kit
Chicken Caesar Salad
Orange Juice
Fresh Side Salad
Celery Sticks

A variety of fresh fruit, low-fat and non-fat milk served daily.

HAPPY LABOR DAY

3 Turkey Pretzel Dog
Turkey Hoagie
Uncrustable Kit
Chicken Caesar Salad
Pineapple Cup
Curly Fries
Baby Carrots & Dip

4 Mac & Cheese w/ Garlic Bread
Chicken Club Wrap
BYO Pizza Box
Hummus Flatbread Box
Peach Cup
Celery Sticks
Fresh Side Salad

5 Orange Chicken & Rice
Turkey Hoagie
Uncrustable Kit
Chicken Caesar Salad
Apple Slices
Stir Fried Veggies
Fortune Cookie

6 Bosco Sticks
Cheese Sandwich
Muffin & Yogurt Pack
Chef Salad
Frozen Juice Cup
Kale Caesar Salad
Marinara Cup



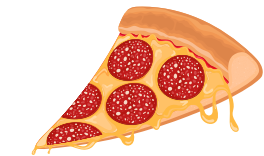
9 Chicken Potstickers
Chicken Club Wrap
Yogurt Parfait
Vegetarian Taco Salad
Mandarin Orange Cup
Edamame
Baby Carrots

10 Chicken & Waffles
Turkey Hoagie
Uncrustable Kit
Chicken Caesar Salad
Craisins
Steamed Corn
Cucumber Coins

11 Local Beef Penne Bake
Chicken Club Wrap
BYO Pizza Box
Hummus Flatbread Box
Apple Slices
Kale Caesar Salad
Cauliflower Florets

12 Breaded Chicken Sandwich
Turkey Hoagie
Uncrustable Kit
Chicken Caesar Salad
Fresh Grapes
Roasted Broccoli
Potato Chips

13 Pancakes & Omelet
Cheese Sandwich
Muffin & Yogurt Pack
Chef Salad
Orange Juice
Baby Carrots
Tater Tots



16 Popcorn Chicken & Pretzels
Chicken Club Wrap
Yogurt Parfait
Apple Sauce
Corn on the Cob
Baby Carrots

17 French Toast Sticks
Turkey Hoagie
Uncrustable Kit
Chicken Caesar Salad
Orange Juice
Tater Tots
Celery Sticks

18 Herbed Drumstick w/ Dinner Roll
Chicken Club Wrap
BYO Pizza Box
Hummus Flatbread Box
Peach Cup
Mashed Potatoes
Fresh Side Salad

19 Tortellini w/ Cheesy Breadstick
Turkey Hoagie
Uncrustable Kit
Chicken Caesar Salad
Frozen Juice Cup
Chickpea Salad
Kale Caesar Salad

20 Pizza Slice
Cheese Sandwich
Muffin & Yogurt Pack
Chef Salad
Raisins
Tomato Cucumber Salad
Baby Carrots

23 Whole Grain Turkey Dog
Chicken Club Wrap
Yogurt Parfait
Pineapple Cup
Curly Fries
Baby Carrots

24 Mac & Cheese w/ Garlic Bread
Turkey Hoagie
Uncrustable Kit
Chicken Caesar Salad
Peach Cup
Fresh Side Salad
Celery Sticks

25 Chicken or Cheese Quesadilla
Chicken Club Wrap
BYO Pizza Box
Hummus Flatbread Box
Fresh Grapes
Black Beans & Corn
Salsa Cup

26 Chicken Teriyaki
Turkey Hoagie
Uncrustable Kit
Chicken Caesar Salad
Apple Slices
Roasted Broccoli
Cucumber Coins

27 Bosco Sticks
Cheese Sandwich
Muffin & Yogurt Pack
Chef Salad
Frozen Juice Cup
Marinara Cup
Garlic Parm Zucchini



8/26 Welcome Back Popsicle. Allergen Free!

9/11 Local Beef Pasta

9/20 National Pepperoni Pizza Day

Nutrition & Allergen Info available at www.ucfsd.org/departments/food-services

Lunch - \$3.10

@ucfsdnutrition

USDA is an equal opportunity provider and employer. Menu Subject to change.

WEEKLY ELEMENTARY BREAKFAST MENU

MON

Cheesy Egg Bites
Cereal Variety
Yogurt Cup &
Cheese Stick
Apple Slices
Fresh Fruit
Low Fat & Fat
Free Milk

TUE

Belgian Waffle
Cereal Variety
Whole Grain
Muffin
Orange Juice
Fresh Fruit
Low Fat & Fat
Free Milk

WED

Breakfast Pizza
Cereal Variety
Apple Juice
Fresh Fruit
Low Fat & Fat
Free Milk

THU

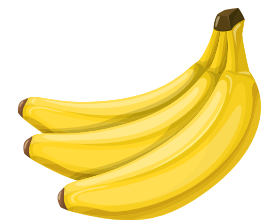
Bacon, Egg &
Cheese
Sandwich
Cereal Variety
Whole Grain
Muffin
Blueberries
Fresh Fruit
Low Fat & Fat
Free Milk

FRI

Mini Pancakes
Cereal Variety
Orange Juice
Fresh Fruit
Low Fat & Fat
Free Milk



**Breakfast meals are free! A meal must include a fruit.
Separate items can be purchased a la carte.**



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