

AUGUST / SEPTEMBER

MON

TUE

WED

THU

FRI

26 Popcorn Chicken & Pretzels  
Deli & Hot Sandwiches  
Vegetarian Variety  
Pizza Bar  
Apple Sauce Cup  
Baby Carrots & Dip  
Corn on the Cob

27 Chicken Tinga Bowl w/  
Cilantro Rice  
Deli & Hot Sandwiches  
Vegetarian Variety  
Pizza Bar  
Raisins  
Black Beans & Corn  
Salsa Cup

28 Tortellini w/  
Cheesy Bread  
Deli & Hot Sandwiches  
Vegetarian Variety  
Pizza Bar  
Apple Slices  
Roasted Broccoli  
Cucumber Coins

29 French Toast Sticks  
Deli & Hot Sandwiches  
Vegetarian Variety  
Pizza Bar  
Orange Juice  
Tater Tots  
Celery Sticks & Dip

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

HAPPY LABOR DAY

3 Turkey Pretzel Dog  
Deli & Hot Sandwiches  
Vegetarian Variety  
Pizza Bar  
Pineapple Cup  
Baby Carrots & Dip  
Curly Fries

4 Buffalo Chicken or Plain Mac & Cheese  
Deli & Hot Sandwiches  
Vegetarian Variety  
Pizza Bar  
Peach Cup  
Fresh Side Salad  
Celery Sticks

5 General's Chicken  
Deli & Hot Sandwiches  
Vegetarian Variety  
Pizza Bar  
Apple Slices  
Stir Fried Veggies  
Cucumber Coins  
Fortune Cookie

6 Bosco Sticks  
Deli & Hot Sandwiches  
Vegetarian Variety  
Pizza Bar  
Frozen Juice Cup  
Marinara Cup  
Kale Caesar Salad

9 Chicken Potstickers  
Deli & Hot Sandwiches  
Vegetarian Variety  
Pizza Bar  
Edamame  
Mandarin Orange Cup  
Baby Carrots & Dip

10 Chicken & Waffles  
Deli & Hot Sandwiches  
Vegetarian Variety  
Pizza Bar  
Craisins  
Steamed Corn  
Cucumber Coins

11 Homemade Local Beef Pasta  
Deli & Hot Sandwiches  
Vegetarian Variety  
Pizza Bar  
Apple Slices  
Kale Caesar Salad  
Cauliflower Florets & Dip

12 Breaded Chicken Sandwich  
Deli & Hot Sandwiches  
Vegetarian Variety  
Pizza Bar  
Fresh Grapes  
French Fries  
Celery Sticks & Dip

13 Pancake & Omelet  
Deli & Sandwiches  
Vegetarian Variety  
Pizza Bar  
Orange Juice  
Tater Tots  
Baby Carrots & Dip

16 Popcorn Chicken & Pretzels  
Deli & Hot Sandwiches  
Vegetarian Variety  
Pizza Bar  
Apple Sauce Cup  
Baby Carrots & Dip  
Corn on the Cob

17 French Toast Sticks  
Deli & Hot Sandwiches  
Vegetarian Variety  
Pizza Bar  
Orange Juice  
Fresh Side Salad  
Celery Sticks & Dip

18 Ranch Drumstick w/  
Dinner Roll  
Deli & Hot Sandwiches  
Vegetarian Variety  
Pizza Bar  
Peach Cup  
Mashed Potatoes  
Roasted Broccoli

19 Tortellini w/  
Cheesy Bread  
Deli & Hot Sandwiches  
Vegetarian Variety  
Pizza Bar  
Frozen Juice Cup  
Chickpea Salad  
Kale Caesar

20 Beef or Cheese Nachos  
Deli & Hot Sandwiches  
Vegetarian Variety  
Pizza Bar  
Raisins  
Salsa Cup  
Baby Carrots & Dip

23 Turkey Pretzel Dog  
Deli & Hot Sandwiches  
Vegetarian Variety  
Pizza Bar  
Pineapple Cup  
Baby Carrots & Dip  
Curly Fries

24 Buffalo Chicken or Plain Mac & Cheese  
Deli & Hot Sandwiches  
Vegetarian Variety  
Pizza Bar  
Peach Cup  
Fresh Side Salad  
Celery Sticks

25 Chicken or Cheese Quesadilla  
Deli & Hot Sandwiches  
Vegetarian Variety  
Pizza Bar  
Fresh Grapes  
Black Beans & Corn  
Salsa Cup

26 Chicken Teriyaki & Rice  
Deli & Hot Sandwiches  
Vegetarian Variety  
Pizza Bar  
Roasted Broccoli  
Apple Slices  
Cucumber Coins

27 Bosco Sticks  
Deli & Hot Sandwiches  
Vegetarian Variety  
Pizza Bar  
Frozen Juice Cup  
Marinara Cup  
Garlic Parm Zucchini



8/26 Welcome Back Popsicle Allergen Free!



9/11 Local Beef Pasta

Hot Sandwich Rotation may include: Chicken Fillet, Grilled Chicken, Meatball Sub, Pork BBQ, Black Bean Burger, & more!

Nutrition & Allergen Info available on our webpage!

**Lunch - \$3.35**

@ucfsdnutrition

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# WEEKLY MS BREAKFAST MENU

Low Fat Yogurt Parfait  
with Granola

Assorted Breakfast Pastries

Assorted Breakfast Sandwiches

Assorted Cereals

Fruit Juice

Variety of Fresh Fruit

Low Fat & Non Fat Milk

**Breakfast is free for all  
students**

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