

# Breakfast Menu

August 2019



Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
5 <b>Frosted Flakes Cereal</b> <i>Whole Grain Bites</i> Fruit Milk	6 <b>Breakfast Cheese Tamale</b> <i>100% Fruit Juice</i> Fruit Milk	7 <b>Pan Dulce</b> <i>Fruit Cup</i> Fruit Milk	8 <b>Fruit Loops Cereal</b> <i>Whole Grain Bites</i> Fruit Milk	9 <b>Bean &amp; Cheese Burrito</b> <i>Hot Sauce</i> Fruit Milk
12 <b>Pan Dulce</b> Fruit Milk	13 <b>French Toast Sticks</b> <i>100% Fruit Juice</i> Fruit Milk	14 <b>Mango Bar</b> <i>Fruit Cup</i> Fruit Milk	15 <b>Apple Jacks Cereal</b> <i>Whole Grain Bites</i> Fruit Milk	16 <b>Breakfast Cheese Tamale</b> Fruit Milk
19 <b>Banana Bread</b> Fruit Milk	20 <b>Mini Confetti Pancakes</b> <i>100% Fruit Juice</i> Fruit Milk	21 <b>Strawberry Bagel Bar</b> <i>Fruit Cup</i> Fruit Milk	22 <b>Fruit Loops</b> <i>Whole Grain Bites</i> Fruit Milk	23 <b>Boom Chicken Boom Breakfast Sandwich</b> Fruit Milk
26 <b>Pan Dulce</b> Fruit Milk	27 <b>Chicken &amp; Waffle</b> <b>*V: Waffles*</b> Syrup <i>100% Fruit Juice</i> Fruit Milk	28 <b>Blueberry Muffin Flat</b> <i>Fruit Cup</i> Fruit Milk	29 <b>Frosted Flakes Cereal</b> <i>Whole Grain Bites</i> Fruit Milk	30 <b>Chicken Sausage Biscuit</b> <b>*V: Cheesy Biscuit*</b> Jelly Fruit Milk

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

Breakfast includes one entrée, 1 cup fruit serving, and fat free white milk or 1% white milk.

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# Vegetarian Lunch Menu K-8



**August 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
5 <b>Green Cheese Enchiladas</b> <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>	6 <b>Plant-Based "Chicken" Tenders</b> <i>Baked Chips</i> <i>Oven Baked Fries</i> <i>Fruit</i> <i>Milk</i>	7 <b>Cheese Nachos</b> <b>Tortilla Chips</b> <i>Baby Carrots</i> <i>Fruit</i> <i>Milk</i>	8 <b>Penne Alfredo</b> <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	9 <b>Plant-based "Chicken" Teriyaki</b> <b>Not So Fried Rice</b> <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>
12 <b>Bean Burrito Bowl w/ Rice &amp; Vegetables</b> <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>	13 <b>Vegetarian Burger</b> <i>Oven Baked Fries</i> <i>Fruit</i> <i>Milk</i>	14 <b>Bean &amp; Cheese Chili</b> <b>Popped Corn Chips</b> <i>Baby Carrots</i> <i>Fruit</i> <i>Milk</i>	15 <b>Plant-Based "Chicken" Tenders</b> <b>Mashed Potatoes w/ Gravy</b> <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	16 <b>Baked Ziti w/ Plant-Based "Beef" Sauce</b> <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>
19 <b>Cheese Tamale</b> <b>Mixed Vegetables</b> <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>	20 <b>Vegetarian Cheeseburger</b> <i>Oven Baked Fries</i> <i>Fruit</i> <i>Milk</i>	21 <b>Baked Spaghetti w/ Plant-Based "Chicken"</b> <i>Baby Tomatoes</i> <i>Fruit</i> <i>Milk</i>	22 <b>Bean &amp; Cheese Burrito</b> <i>Side Salad</i> <i>Premium Bulk Fruit Day</i> <i>Milk</i>	23 <b>Breakfast for Lunch: French Toast, Plant-Based "Chicken" &amp; Tots</b> <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>
26 <b>Plant-Based "Chicken" Tenders</b> <i>Cheesy Mashed Potatoes</i> <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>	27 <b>Plant-Based "Chicken" Tenders</b> <i>Oven Baked Fries</i> <i>Baked Chips</i> <i>Fruit</i> <i>Milk</i>	28 <b>Cheese Ravioli</b> <i>Edamame Beans</i> <i>Fruit</i> <i>Milk</i>	29 <b>Vegetarian Burger</b> <i>Pickles, Tomato, &amp; Lettuce Kit</i> <i>Fruit</i> <i>Milk</i>	30 <b>Orange Plant-Based "Chicken" Tenders</b> <b>Chow Mein Noodles</b> <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>

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Lunch includes one entrée, vegetable, 1/2 cup fruit serving, and fat free white milk or flavored milk or 1% white milk.

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# Lunch Menu

## August 2019



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13	14 Vegetarian Lunch (10) Roast Beef Sandwich (150) 1% White Milk (24) Fat Free White Milk (24) Fat Free Chocolate Milk (80)	15 Vegetarian Lunch (10) Breaded Chicken Leg w/ Mac & Cheese (150) 1% White Milk (24) Fat Free White Milk (24)	16 Vegetarian Lunch (10) Baked Ziti w/Meat Sauce (150) 1% White Milk (24) Fat Free White Milk (24) Fat Free Chocolate Milk (80)
19 Vegetarian Lunch (10) Chicken Tamal, Mixed Vegetables (150) 1% White Milk (24) Fat Free White Milk (24)	20 Vegetarian Lunch (10) Lunch Special- BBQ Cheeseburger w/ Oven Baked Fries (160) 1% White Milk (26)	21 Vegetarian Lunch (10) Club Sandwich,*Contains Pork* (150) 1% White Milk (24) Fat Free White Milk (24)	22 Vegetarian Lunch (10) Southwest Chicken Salad, Dinner Roll, Ranch Dressing (155) 1% White Milk (25)	23 Vegetarian Lunch (10) Breakfast for Lunch: French Toast, Sausage & Tots (150) 1% White Milk (24) Fat Free White Milk (24)
26 Vegetarian Lunch (10) Chicken Nuggets, Cheesy Mashed Potatoes (150) 1% White Milk (24) Fat Free White Milk (24)	27 Vegetarian Lunch (10) Corn Dog, Oven Baked Fries (150) 1% White Milk (24) Fat Free White Milk (24)	28 Vegetarian Lunch (10) Turkey & Cheese Sandwich (150) 1% White Milk (24) Fat Free White Milk (24) Fat Free Chocolate Milk (80)	29 Vegetarian Lunch (10) Hamburger (150) 1% White Milk (24) Fat Free White Milk (24) Fat Free Chocolate Milk (80)	30 Vegetarian Lunch (10) Orange Chicken, Chow Mein Noodles (150) 1% White Milk (24) Fat Free White Milk (24)

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# Supper Menu

**August 2019**



Monday	Tuesday	Wednesday	Thursday	Friday
29 <i>July</i>	30	31	1	2
5 Breakfast for Dinner: WG French Toast Sticks (1 G/B) Potato Tots (1/2 c) Chicken Sausage Patties (2 M/MA) Apple Sauce (1/2 c)	6 WG Breaded Chicken Leg (2 M/MA, 0.75 G/B) Cheesy Mashed Potatoes (1/2 c veg) Baked Chips (1 G) Apple Slices (1/2 c)	7 WG Turkey & Cheese Sandwich (2 M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Pear (1/2 c)	8 WG Cheese Tamale (2 M/MA, 2 G/B) Mixed Vegetables (1/2 c veg) 100% Fruit Juice (1/2 c)	9 WG Turkey Ham & Cheese Sandwich (2 M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Apple (1/2 c)
12 Turkey Nachos (2 M/MA, 1/2 c veg) WG Tortilla Chips (2 G/B) Apple Sauce (1/2 c)	13 WG Green Chicken Enchiladas (2 M/MA, 2 G/B, 1/2 c veg) Pear (1/2 c)	14 Protein Box: Cheese Cubes (2 MA) Baby Carrots (1/2 c) Cheez-its (1 G/B) Apple Slices (1/2 c)	15 WG Cheeseburger (3 G/B, 2M/MA) Oven Baked Fries (1/2 c veg) Dried Cranberries (1/2 c)	16 Southwest Chicken Salad (2 M/MA, 1 c veg) Ranch Dressing WG Dinner Roll (1 G/B) 100% Fruit Juice (1/4 c)
19 Teriyaki Chicken (2 M/MA) WG Not So Fried Rice (1 G/B, 1/2 c veg) Apple Sauce (1/2 c)	20 WG Chicken Nuggets (2 M/MA, 1 G/B) Mashed Potatoes (1/2 c veg) Apple Slices (1/2 c)	21 Buffalo Chicken Salad (2 M/MA, 1 c veg) Ranch Dressing WG Dinner Roll (1 G/B) Pear (1/4 c)	22 WG Chili Dog (2 M/MA, 2 G/B, 1/2 c Veg) 100% Fruit Juice (1/2 c)	23 WG Turkey Ham & Cheese Sandwich (2 M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Apple (1/2 c)
26 WG Baked Chicken Spaghetti (2 M/MA, 2 G/B, 1/2 c veg) Apple Sauce (1/2 c)	27 WG Mac & Cheese (2 M/MA, 2 G/B) Baby Carrots (1/2c) Apple (1/2 c)	28 WG Deli Chicken & Cheese Sandwich (2 M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Pear (1/2 c)	29 WG Red Cheese Enchiladas (2 M/MA, 2 G/B, 1/4 c veg) Baby Carrots (1/4 c veg) Dried Cranberries (1/2 c)	30 Protein Box: Cheese Cubes (2 MA) Baby Carrots (1/2 c) Cheez-its (1 G/B) Apple Slices (1/2 c)

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# Snack Menu

**August 2019**



Monday	Tuesday	Wednesday	Thursday	Friday
29 <i>July</i>	30	31	1	2
5  Chocolate Granola 100% Fruit Juice (6oz)	6  Graham Crackers Fruit (3/4 c)	7  Baked BBQ Chips 100% Fruit Juice (6 oz)	8  Rice Krispies Treats Fruit (3/4 c)	9  Cereal Pouch 100% Fruit Juice (6 oz)
12  Baked BBQ Chips 100% Fruit Juice (6 oz)	13  Graham Crackers Fruit (3/4 c)	14  Chex Mix Original 100% Fruit Juice (6 oz)	15  Multi-Grain Bar Fruit (3/4c)	16  Honey Sunflower Seeds 100% Fruit Juice (6 oz)
19  Cheez-its 100% Fruit Juice (6 oz)	20  Mini Banana Loaf Fruit (3/4c)	21  Baked Nacho Cheese Chips 100% Fruit Juice (6 oz)	22  Cinnamon Gripz Fruit (3/4 c)	23  Strawberry Delight 100% Fruit Juice (6oz)
26  Baked Churro Chips 100% Fruit Juice (6 oz)	27  Strawberry Chex Mix 100% Fruit Juice (6 oz)	28  Goldfish Pretzels 100% Fruit Juice (6oz)	29  Whole Grain Pop-Tart Fruit (3/4c)	30  Cheese Puffs 100% Fruit Juice (6 oz)

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