

# Lunch K-8

August 2023

MON

TUE

WED

THU

FRI

	1	2	3	4
7	8	9	10	11
14	15	16	17	18
<b>21</b> Chicken Nuggets w/ Baked Beans  Falafel Bites w/Black Beans & Tomato (V)  Apple Slices	<b>22</b> Beef Meatballs w/ Tomato Sauce & Mozzarella Cheese  Macaroni & Cheese (V)  Broccoli  Fresh Pear	<b>23</b> <b>New!</b> Adobo Chicken w/ Cilantro Brown Rice & Street Corn  Veggie Burger w/ Roasted Potatoes (V)  Apple Slices	<b>24</b> Chicken Tamale w/ Spanish Rice & Beans  French Toast Sticks w/ Scrambled Eggs & Roasted Sweet Potatoes (V)  Fresh Banana	<b>25</b> French Bread Pizza (V)  Egg Salad Sandwich (V)  Baby Carrots w/Ranch Dressing  Apple Slices
<b>28</b> Salisbury Steak w/Gravy & Roasted Potatoes  Cheese Quesadilla w/ Street Corn (V)  Apple Slices	<b>29</b> Chicken & Vegetable Dumplings w/ blended Vegetables  Cheese Lasagna w/ Tomato Sauce & Green Beans  Fresh Pear	<b>30</b> BBQ Chicken w/Brown Rice & Baked Beans  Chickpea Pasta Marinara w/Cheese (V)  Apple Slices	<b>31</b> Turkey Fajita w/ Brown Rice & Carrots  Stuffed Bread Sticks w/ Marinara & 100% Vegetable Juice (V)  Fresh Banana	

## DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

## Lunch Milk Choices

1% or Skim Milk

## Please Note

Locally Grown Component Served Daily

Menu is subject to change

Vegetarian Meal Options are indicated with a "V"



This institution is an equal opportunity provider.

# Lunch K-8

September 2023

MON	TUE	WED	THU	FRI
				<b>1</b> Chicken Salad Sandwich Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple
<b>4</b>	<b>5</b> Chicken Tenders w/ Ketchup & Roasted Potatoes Protein Pasta Alfredo w/ Peas (V) Fresh Pear	<b>6</b> Turkey Hot Dog w/ Ketchup & Baked Beans Spanish Rice w/ Beans & Cheese (V) Fresh Apple	<b>7</b> Chicken Caesar Salad w/ Pita Bread Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana	<b>8</b> Chicken Breast Sandwich w/ Mayonnaise French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
<b>11</b> Beef Cheese Burger w/ Ketchup Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple	<b>12</b> Chicken Fajita w/ Black Beans & Tomato Spanish Rice w/ Beans & Cheese (V) Fresh Pear	<b>13</b> Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Apple	<b>14</b> Cobb Salad w/ Pita Bread (V) Cheese Raviolis w/ Green Beans (V) Fresh Banana	<b>15</b> Turkey & Cheese Sandwich w/ Mayonnaise Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
<b>18</b> Chicken Nuggets w/ Ketchup & Baked Beans Falafel Bites w/ Quinoa Pilaf Black Beans & Tomato (V) Fresh Apple	<b>19</b> Beef Meatballs in Tomato Sauce w/ Club Roll Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	<b>20</b> NEW! Adobo Chicken w/ Cilantro Brown Rice & Street Corn Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Apple	<b>21</b> Chicken Tamale w/ Spanish Rice & Refried Beans French Toast Sticks w/ Scrambled Eggs & Roasted Sweet Potatoes (V) Fresh Banana	<b>22</b> Egg Salad Sandwich (V) French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
<b>25</b> Salisbury Steak w/ Gravy & Roasted Potatoes Cheese Quesadilla w/ Street Corn (V) Fresh Apple	<b>26</b> Chicken & Vegetable Dumplings w/ Vegetable Blend Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Pear	<b>27</b> BBQ Chicken w/ Brown Rice & Baked Beans Chickpea Marinara Pasta (V) Fresh Apple	<b>28</b> Turkey Fajita w/ Brown Rice & Carrots Stuffed Bread Sticks w/ Marinara & 100%Vegetable Juice (V) Fresh Banana	<b>29</b> Chicken Salad Sandwich Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple

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## Lunch Milk Choices

1% Unflavored Milk  
 Skim Unflavored Milk

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