


# Parker Junior High

August  
2021

## Lunch Menu

				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9	10	11	12	13
			Crispy Chicken Nuggets Whole Grain Dinner Roll  Steamed Carrots Cucumber Slices Assorted Fruit	Cheese Pizza  Steamed Broccoli Red Peppers Assorted Fruit
16	17	18	19	20
Crispy Chicken Sandwich  Roasted Cauliflower Romaine Lettuce Assorted Fruit	Pasta with Meat Sauce Rip Stick Breadstick  Green Beans Romaine Lettuce Assorted Fruit	Crispy Chicken Nuggets Whole Grain Dinner Roll  Steamed Carrots Cucumber Slices Assorted Fruit	Cheeseburger on Bun  Baked Beans Baby Carrots Assorted Fruit	Hot Turkey Ham & Cheese Sandwich  Golden French Fries Steamed Carrots Assorted Fruit
23	24	25	26	27
Pancakes Syrup Sausage Patty Cheese Stick  Breakfast Potatoes Celery Sticks Assorted Fruit	BBQ Chicken Sandwich  Steamed Carrots Steamed Broccoli Assorted Fruit	Soft Beef Tacos Lettuce, Tomato and Cheese  Refried Beans Salsa Assorted Fruit	French Bread Pizza  Romaine Lettuce Cucumber Slices Assorted Fruit	Beef Hotdog on a Bun  Steamed Corn Red Peppers Assorted Fruit Minted Fruit Salad
30	31	1		
Toasted Cheese Sandwich  Steamed Corn Caesar Side Salad Assorted Fruit	Sloppy Joe on a Bun  Baked Beans Broccoli Florets Assorted Fruit			

INFORMATION

EXTRA INFO

1% Milk (white) and Skim Milk (white & chocolate) available daily  
A variety of fresh and canned fruits available daily

HARVEST OF



Choose MyPlate.gov

THE MONTH

Your MENUS plus more  
information on our app  
Taher Food4Life®



www.taher.com