

AUGUST | 2023

SACHS BREAKFAST & LUNCH MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31	1 Allergens: Peanuts or Tree Nuts Soy Fish Strawberries Milk and eggs	2 Abbreviations: LF-Low Fat RF- Reduce Fat SF- Sugar Free LS- Low Sodium WG- Whole Grain	3	4
7	8	9	10	11
14 TEACHERS IN SERVICE	15 TEACHERS IN SERVICE	16 B-WG Whole Grain Biscuit, Gravy, Pears, Applesauce L-LS Hot Dog, WG Bun, RF Chips, Pineapple, Craisins, Baby Carrots, Celery, Jell-O, Condiments	17 B-WG Banana or Blueberry Bread, Fruit Choice, Condiments L- Ham and Cheese Sandwich, Fruit, Broccoli, Green Beans, SF Ice Cream, Condiments	18 B-WG Cereal Breakfast Kit, Banana L-WG Individual Deep Dish Pizza, Romaine, Fruit Chocie, Sidekick Condiment
21 B-WG Muffins, Fruit Choice, Condiments L. WG PB&J, (Sub Ham & Cheese), Baby Carrots, RF Chips, Celery, Condiments	22 B-UBR, LF Yogurt, Strawberries, Craisins L-Taco Bar(Crunchy or soft Shell). Fruit Choice, Assorted Toppings	23 B-WG Breakfast Burrito, Pears, Cond. L-Cheeseburger, Oven Fries, Baked Beans, Fruit Choice, Condiments	24 BWG Chicken on a Biscuit, Fruit Choice Condiments L-3 Meat Sub, Corn. Green Beans, Fruit Choice, Condiments	25 B-UBR, LF Yogurt Strawberries L-WG Chicken Pizza Quesadilla, Romaine Salad, Fruit Choice SF Pudding, Condiments
28 B-Scrambled Eggs, WG Toast, Fruit choice Condiments L-Chicken Patty on a WG Bun, Corn, Broccoli, Fruit Choice, Pickle Spear, Condiments	29 B-WG Apple or Cherry Turnover, 100% Fruit Juice, Strawberry Applesauce L-Beef Taco Salad, Assorted Toppings, Fruit Choice Condiments	30 B-Sausage, Egg & Cheese Mc Muffin, Fruit Choice, Condiments L-WG Corn Dog, Assorted Fruits, Green Beans, Tri Tater. Sidekick, Condiments	31 B-WG Waffles, Sausage Links, Spiced Apples, 100% Fruit Juice, Condiments L-Pork BBQ on A bun, Baked Beans, Oven fries Fruit Choice, Condiments	1

News

The cafeteria is open
13 days this month.

Adult Lunch or Salad
is \$4.00/day.

The Choice of 1%
Flavored or
Unflavored Milk is
offered with each
meal.

A Salad may be taken
in place of the regular
lunch.

Oatmeal or Cereal
May be taken in place
of the regular
breakfast.

Dressing is offered
with salad or fresh
vegetables.

THIS MENU IS
SUBJECT TO
CHANGE.