

# August 2018

## JUST A DASH CATERING



**School Information:** Milk, fruit, Salad and Fruit Bar offered daily  
**Menu subject to change due to product availability**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.  
**THIS INSTITUTION IS AN EQUAL OPPURTUNITY PROVIDER**

### Monday



6

### Tuesday



7

### Wednesday

1

### Thursday

2

### Friday

3



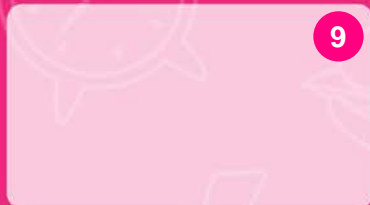
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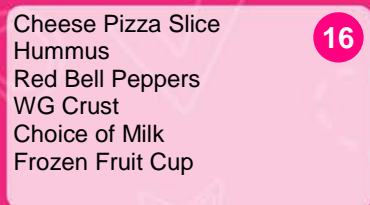
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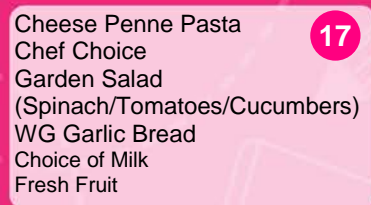
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24

Sloppy Joe  
Hot Dog  
Rosemary Potatoes  
WG Bun  
Choice of Milk  
Fresh Fruit

Buffalo Boneless Wings  
Corn Dog  
Celery Sticks  
Carrot Bites  
WG Breadding  
Choice of Milk  
Applesauce

Mac & Cheese  
WG Noodles  
Burger  
California Blend  
(Broccoli/Cauliflower/Carrots)  
Choice of Milk  
Orange

Sausage Pizza Slice  
Hummus  
Chicken Tenders  
Green Bell Peppers  
WG Crust  
Choice of Milk  
Frozen Fruit Cup

WG Chicken Egg Roll  
Chef Choice  
Greek Salad-  
(Feta/Spinach/Cucumbers/Tomato)  
Choice of Milk  
Fresh Fruit

Spicy Chicken Sandwich  
Hot Dog  
Broccoli Bites  
WG Bun  
Choice of Milk  
Fresh Fruit

27

Beef Enchiladas  
Chicken Nugget  
Fresh Green Salad  
(Spinach/Carrots/Cucumbers)  
WG Tortilla  
Choice of Milk  
Banana

28

WG Corn Dog  
Burger  
Carrot Bites  
WG Breadding  
Choice of Milk  
Fresh Fruit

29

Pepperoni Pizza Slice  
Chicken Tender  
Hummus  
Red Bell Peppers  
WG Crust  
Choice of Milk  
Frozen Fruit Cup

30

