



# School Lunch Menu

# August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16 11:45 Dismissal No Lunch	17 <b>Chicken Strips</b> French Fries Apple, Canned Peaches Fruit & Veggie Bar Bread/Grain Milk	18 <b>Cheese Pizza</b> Corn Canned Pears, Watermelon Fruit & Veggie Bar Bread/Grain Milk	19
20	21 <b>Macaroni &amp; Cheese</b> Broccoli Fruit Cocktail, Watermelon Fruit & Veggie Bar Bread/Grain Milk	22 <b>Hot Dog (GFw/NB)</b> Green Beans Apple, Canned Peaches Fruit & Veggie Bar Bread/Grain Milk	23 <b>Pork Steak</b> Mashed Potatoes Applesauce, Blueberries Fruit & Veggie Bar Bread/Grain Milk	24 <b>Mucho Nachos (GF)</b> Refried Beans Orange, Pineapple Fruit & Veggie Bar Bread/Grain Milk	25 <b>Chicken Noodle Casserole</b> Peas, Canned Pears, Cantaloupe Fruit & Veggie Bar Bread/Grain Milk	26
27	28 <b>Teriyaki Chicken (GF)</b> Mixed Veggies—Cali Blend Fruit Cocktail, Orange Fruit & Veggie Bar Bread/Grain Milk	29 <b>Baked Scrambled Eggs &amp; Sausage</b> Banana, Juice Box Fruit & Veggie Bar Bread/Grain Milk	30 <b>Spaghetti</b> Green Beans Cantaloupe, Strawberries Fruit & Veggie Bar Bread/Grain Milk	31 <b>BBQ Pork Sandwich (GFw/NB)</b> Baked Beans, Applesauce, Pineapple Fruit & Veggie Bar Bread/Grain, Milk		

Daily Fruit & Vegetable Bar is available to students ordering the main dish or may be ordered alone & includes vegetables, fruit, & a grain. The following beverages are available everyday: Water, 1% White Milk, 1% Chocolate Milk, Fat Free Strawberry Milk

\*Menu is subject to change at anytime

\*Milk is available for students bringing cold lunch for \$0.40

*(Students are encouraged to have money in their lunch account and not bring milk money to school daily.)*

Fruit & Vegetable Bar will also include the following proteins:

Monday & Thursday—Yogurt, Tuesday & Friday—Cottage Cheese, Wednesday—Chef Salad Fixings (ham or turkey & shredded cheese).

GF - Gluten Free

GFw/NB - Gluten Free with no bread or bun

Student Lunch \$3.10

Reduced Price Lunch \$0.40

Extra Entrée (MS only) \$1.50

Adult Lunch \$4.60